



FESTIVE CHECKLIST

Early-bird guide to Christmas shows, food and markets

PAGES 12, 67 & 70

PICKLES' DAMNING VERDICT

'If I were the mayor of Tower Hamlets, I would hold my head in shame'



Lutfur Rahman stripped of powers after results of probe into cash dealings
Page 3



Communities secretary Eric Pickles, main picture, has slammed Mayor Lutfur Rahman, inset

Pressure to decide on 5 South Quay towers

But at what cost to residents, ask councillors » Page 4-5

PLUS How a social enterprise is giving unemployed women a chance to earn **P6**



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NOVEMBER 6, 2014



Inside



How we Rolls (for a day)

We take to the road pretending we're very rich

P74

Wedding Fayre

12-page guide to The Wharf show

P15



Ben Watt

New album and back on the road

P14



WEATHER

12C TODAY
Showers

13C FRIDAY
Rain

13C SATURDAY
Showers

13C SUNDAY
Showers

13C MONDAY
Mostly sunny

TRAVEL

TUBE & DLR
DLR and Jubilee line are fine.
ROADS
No problems.

INSIDE

NEWS
Pages 1-13

WHAT'S ON
From Page 14

PROPERTY
From Page 21

LIFESTYLE
Pages 70-75

PUZZLES
Page 77

SPORT
Page 78-79



P4



P6

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Agenda

Parents, you made your bed, lie in it

I am sick and tired of being told by parents how sick and tired they are. Not all parents. But those that patronisingly say: "You don't understand what real tiredness is until you've had kids."

I understand babies and young children aren't predictable. I've seen good friends reduced to sleep starved zombies for months, and in some truly unfortunate instances, years. I get it. Five hours babysitting my three-year-old niece leaves me curled up in a ball of exhaustion.

Kids are energy-suckers. But so is having a chronic health condition. Or working 18-hour days in an office.

BLONDE'S EYE VIEW



ANGELA CLARKE

Or chronic fatigue. Or suffering from insomnia. Or looking after an unwell parent. Or cramming for exams. Or partying for four days in Berlin.

Busy urban lives commoditise time: it's all too easy to find ourselves competing over just how exhausted we are, in a bid to demonstrate just how important we are. But being tired from being a parent does not best all other types of being tired. Parents: you are not special.

I'm educated, middle class and based at Canary Wharf – few, if any, of the children I know resulted from the catch-all "pleasant surprise".

It'd be nuts to suggest trying to

conceive, carrying a baby full term, giving birth, and raising kids is straightforward or easy. It isn't. And I know many who underestimated quite how tricky it can be.

But here's the crux: they still chose it. The world is overpopulated. Many argue to save our beleaguered planet we should stop filling it with people. Your desire to reproduce is not a selfless one.

Society doesn't owe you Jack for choosing to have Jill. When it comes to how knackered you are, parents: take a pillow and join the queue.

Follow Angela on Twitter:
@TheAngelaClarke

London Eye



REUTERS

69

Event

Pictures and reports from The Wharf's Halloween Ball



70

Food

Stock up early for Christmas with some festive treats

75

Journey

At the sunny other end of the rum and sugar trade



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Above, Motorists cross Westminster Bridge as they participate in the annual London to Brighton Veteran Car Run. The run, now in its 118th year, commemorates the Emancipation Run of November 14, 1896, which celebrated the passing into law of the Locomotives on the Highways Act. Right, Limehouse actor Sir Ian McKellen receives the Freedom of the City of London at The Guildhall.



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Rahman has run council on cronyism and secrecy says Pickles

POLITICS

Commissioners sent in to end rule by 'favours and division'

Rob Virtue
@wharf.co.uk

Communities Secretary Eric Pickles has drawn up an "intervention package" for Tower Hamlets Council that will see him appoint commissioners to oversee Mayor Lutfur Rahman's administration.

It comes following a report by PricewaterhouseCoopers into the running of the authority released on Tuesday morning.

In a damning speech in the House of Commons, the Secretary of State for Communities and Local Government said: "These are serious flaws that have occurred."

"If I was the Mayor of Tower Hamlets I would be holding my head in shame because what he's allowed to occur in Tower Hamlets is shameful."

He said the report painted a "concerning picture of obfuscation, denial and secrecy" and had shown "a culture of cronyism, risking corrupt spending of public funds".

Mr Pickles said the three commissioners would have



Eric Pickles, above, and Lutfur Rahman

control over the giving of grants and the sale of properties, both criticised in the PwC report for the indications of favouritism.

He also mentioned the High Court case brought by voters against the council and added the electoral registration officer and returning officer must be selected by the commissioners in the future.

Within three months the council must agree a compliance action plan with the commissioners.

Mr Pickles said the commissioners would report to him every six months and be in place until March 31, 2017.

He cited particular allegations in the report including 81% of all officer recommendations rejected on the issue of mainstream grants and £800,000 given to bodies that "failed the minimum criteria to be given anything at all".

In his summary he also

ordered the council to pay £1million for the cost of the PwC report adding: "It would have been much cheaper had the mayoral administration not been so obstructive."

The council will have 14 days to respond to the PwC report and Mr Pickles' intervention package.

Mr Pickles added: "The abuse of taxpayers money and culture of cronyism reflects a partisan community politics that seeks to trade favours and spread divisions on the rates."

"Such behaviour is to the detriment of integration and community cohesion in Tower Hamlets. This is a borough where widespread allegations of extremism, homophobia and anti-semitism have been allowed to fester without proper challenge."

Shadow Communities Secretary Hilary Benn called the report's findings "very troubling".

Mayor's response

■ Mayor of Tower Hamlets Lutfur Rahman said: "We need to be clear that there was no evidence of fraud or criminal activity identified in the PwC report."

■ "All governance issues identified in the PwC report have already been highlighted by our internal processes and are being rectified accordingly."

■ "Given that Tower Hamlets Council is one of the highest performing local authorities in London, and the wider UK for service delivery to our residents, I am surprised at the Secretary of State's comments in the House of Commons."

■ "I believe that there is a huge disparity between the detail of PwC's report and the level of the Secretary of State's comments."

■ "We will be responding to Mr Pickles in due course."



REACTION



■ Labour MP for Bethnal Green and Bow **Rushanara Ali**, left, praised the report for highlighting "profound concerns".

She said: "For too long, accusations of poor governance in our borough have threatened to overshadow the good name of the people of Tower Hamlets. This must not be allowed to continue."

■ Fellow Labour backbencher **Jim Fitzpatrick**, MP for Poplar and Limehouse, below right, added: "This report vindicates our long standing concerns about Lutfur Rahman. It is shocking that Poplar Town Hall was sold, in a dodgy process, to a member of his campaign team."

"The cost of this is disproportionate and should not be borne by Tower Hamlets tax payers, who are already paying the price for poor political leadership."

■ Those behind the election petition to be heard in the High Court over the coming months applauded the findings.

Azmal Hussain said: "I welcome the decision to get commissioners to run the council and that a new returning officer and electoral registration officer will be appointed. A new team is needed to run the general election."

■ Labour's **John Biggs**, who was defeated in May's mayoral election, left, called on Mr Rahman to consider his position. "The mayor cannot dismiss this damning report



by independent auditors as an attack by his political opponents as he always has done until now. He now has nowhere to hide and should think very carefully about whether his actions are compatible with remaining mayor."

■ Leader of the Conservatives in Tower Hamlets **Peter Golds**, below, said: "It is absolutely appalling. We've got disposals of buildings, grants to dubious organisations, plans and bids overruled. And it is all done at the behest of one person at the stroke of a pen."

■ Leader of the Labour Group on the council **Rachael Saunders** said: "It is a cause of sorrow and shame for this great borough that Lutfur Rahman has taken us to the point of government intervention. He should consider his position."



The 202-page PwC report

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Special report

Space race will leave families in a concrete jungle

ANALYSIS

There are some fine examples of urban planning in east London, writes **Rob Virtue**. South Quay is not one of them

Surrounded by lush landscapes and amenities such as art galleries and golf driving ranges, residential schemes like the Olympic Park's East Village and Greenwich Peninsula regeneration are presented as the future of London's housing.

Likewise Canary Wharf's upcoming Wood Wharf development with an abundance of retail and leisure facilities promises to create a settled community.

The febrile flip-side of these landscapes is the clamour for land

in South Quay and the wider Isle of Dogs.

Ten of the 12 largest residential towers in the capital will be concentrated on the Island, potentially creating a breathless urban ghetto with little green relief. Councillor for Tower Hamlets' Canary Wharf ward Andrew Wood foresees disaster.

"Some 529 children will be living in three of the tallest residential buildings in Europe," he said.

"But they won't live in an area where they will be able to run around outside, they won't be able to knock a ball against a wall or play on the swings of a nearby playground.

"Development is supposed to create a better quality of life for people not worsen it by creating new 21st century ghettos where thousands of people will be living in an area without the public infrastructure that allows them to enjoy a healthy lifestyle."

Mayor of London Boris Johnson has stepped in, sending his deputy for policy and planning, Sir Edward Lister to work with Tower Hamlets Council's long overdue South Quay Masterplan

What is your issue with spate of applications?

"Development is supposed to create a better quality of life for people not worsen it by creating new 21st century ghettos."

Cllr Andrew Wood

and help bring some order.

Sir Edward's task, he said, was to prevent a situation where developments were approved on a "first-come-first-served basis with no overall strategy" thereby having a "negative impact on the public realm".

But before such discipline is brought to bear, schemes are being rushed through in a frenzy.

Three large towers are to come before Tower Hamlets planning committee tonight (Thursday).

Island Gardens councillor Peter Golds said the area was being overwhelmed.

"They are throwing stuff up without public realm," he said.

"If there's no public realm where do people go? They will just end up trying to get into other developments. It's a recipe for anti-social behaviour.

"There needs to be a proper approach.

"Greenwich Peninsula and East Village at the Olympic Park are being done in a thought-out proper way with residents' lives at the heart."

Leading planners such as Jerome Frost of engineering giant Arup believe the focus should be on public space and making destinations where



FACTFILE

Building	Status	Height (m)	Storeys
Hertsmere Tower, W India Quay	Pre-planning	242	71
City Pride, Marsh Wall	Approved	239	75
Quay House, Marsh Wall	Planning	233	67
South Quay Plaza, Marsh Wall	Planning	220	68
Newfoundland, Canary Wharf	Approved	218	58
Wood Wharf, Canary Wharf	Planning	205	50
City Tower, Nine Elms	Planning	200	58
1 Lansdowne Road, Croydon	Planning	199	51
Alpha Square, Marsh Wall	Pre-planning	190	60
30 Marsh Wall	Planning	189	53
Arrowhead Quay, Marsh Wall	Planning	188	55
Meridian Gate, Marsh Wall	Planning	187	53

■ In a list of the tallest residential-led towers proposed for London 10 of the top 12 are planned for the Isle of Dogs.

■ Hertsmere House is the highest of those at 242m. Developer Greenland Hertsmere Limited is to begin consultation on the tower soon.

■ All the others, apart from Alpha Square, have a planning application submitted.

■ The tallest building in the country, The Shard, is mixed use and predominantly office, while the highest residential structure completed in the capital is the St George Tower in Vauxhall at 181m.

■ The second highest is Pan Peninsula at South Quay at 147m.

SOURCE: VARIOUS, INC SKYSCRAPERCENTRE.COM, SKYSCRAPERCITY.COM AND TOWERHAMLETS.GOV.UK



Quay House is likely to be rejected

people enjoy living.

He cites East Village – the former Athletes' Village – as a prime example of how to build high-density schemes in a responsible way.

"The reason it works is a combination of good design of building and, perhaps more importantly, a good design of public realm, which relates to those buildings," he said.

"That includes all the infrastructure layers, the swales and the recycling of water to form the features in the landscape.

"I took a walk around there the other day and feel it's a piece of London that could be replicated elsewhere."

President of Landscape Institute Noel Farrer called the Olympic Park

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BEN BROOMFIELD



Cllr Andrew Wood wants to see more people contribute to the South Quay Masterplan

project "truly successful".

"To have great cities it's absolutely about public realm space," he said.

"It is about making it a desirable place for people to live so they can have whole life experiences there."

He added the benefits were financial as well as social.

"Between now and 2050 you're going to see schemes dealing with healthy lives and that's a vast sum of money saved."

In South Quay every scrap of land is being eyed up for a high-rise tower with little thought of an urban park, such as that planned for Wood Wharf or even the Elephant and Castle regeneration, which includes central London's largest new green space in 70 years.

"Nowhere in London will have so many apartments in such a small area with such limited access to parks and open areas," said Cllr Wood.

"It will become a dormitory area for a transient population who cannot wait to move elsewhere – except for the people in social housing who will be stuck."

And Cllr Golds said the time for action was now.

"The original plan was for One Canada Square to be the tallest tower with the buildings around gradually getting smaller," he said. "If you go to Greenwich Park and look across it's still impressive but going forward they just seem to want to put up these tall buildings everywhere."

"Now is an ideal opportunity for Boris to step in."

3 skyscrapers containing 5 towers up for discussion

DECISIONS

Rob.Virtue
@wharf.co.uk

COUNCILLORS will need to decide whether to approve five towers of between 36 and 68 storeys within yards of each other in a meeting tonight (Thursday).

Tower Hamlets' strategic development committee will hear plans for Arrowhead Quay and South Quay Plaza, both recommended for approval by the council's planning officers.

A third scheme, Quay House, was opposed by the council report ahead of last month's meeting. However, the committee deferred a decision, pending a site visit.

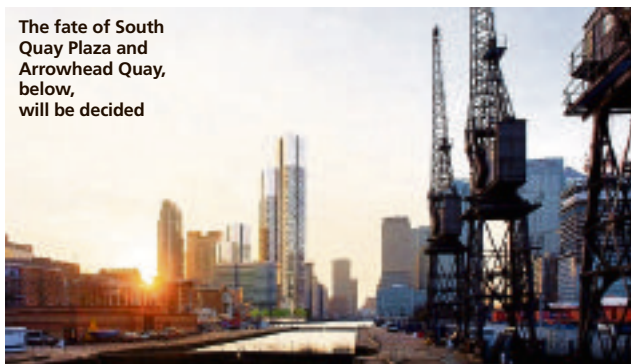
The three schemes, all in the Canary Wharf ward, could bring 2,140 homes to an area already described as overdeveloped by some councillors.

The 233m Quay House tower has drawn criticism from the Greater London Assembly and Greenwich Council for its scale.

The council report into the proposal, which includes 496 apartments, said it would be a "clear and demonstrable overdevelopment of the site".

Investin Quay House is behind the plans.

The fate of South Quay Plaza and Arrowhead Quay, below, will be decided



Ballymore's Arrowhead Quay includes 756 homes over two towers of 55 and 50 storeys.

A total of 11 residents of nearby blocks objected to the plans, citing overdevelopment of the area causing a strain on resources. They also said it was too tall, blocking light to neighbouring buildings.

However, the council report said 24 letters of support were received from those living in the area, highlighting regeneration benefits.

The biggest of the schemes is South Quay Plaza, made up of 68 and 36 storey towers and 888 homes.

Despite general concerns over the strain on Isle of Dogs resources the council report said the density of the scheme "would not result in significantly adverse impacts typically associated with overdevelopment".

Some 43 individuals wrote into the consultation to object to the scheme over issues including the size of the proposal and lack of green space.

It was also suggested the decision should wait until the South Quay Masterplan, currently in development, is decided.

Read on »

Find out the results of the applications online
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Women pinpoint a colourful future

ENTERPRISE

Sewing project lets team put their skills to profitable work

Beth.Allcock
@wharf.co.uk

Women with a passion for fabric and textiles are at the heart of a thriving community project in Limehouse.

Business is booming at FabricWorks – the social enterprise production arm of charity Stitches In Time.

Currently, a team of three formerly unemployed women are being commissioned by the likes of pantomime organisers at Winterville and designers selling their wares at Urban Outfitters.

Stitches In Time's director of enterprise Katie Adkins said FabricWorks had proved "empowering".

She said: "Being in a borough like Tower Hamlets, which is a very deprived area, for women to earn an income is wonderful, especially when a lot of the ladies in the area haven't earned their own money before."

"Stitches In Time has a long reputation in the community and it developed from there – but it's still a



Fathena Hussain: Opportunity

surprise when someone say comes and asks for 40 orders, it's wonderful."

A desire to help women become economically self-sufficient through sewing developed after the 30-year-old began teaching the charity's drop-in textile classes four years ago.

During these sessions, members such as mum-of-two Fathena Hussain said they wanted to develop a business based on their passion.

And after being part of Stitches In Time for the past 10 years, she has now seen her work showcased in a Royal Academy exhibition and is working on underwear for Miss Crofton at Urban Outfitters.

"I feel so happy and proud," she said. "Because I'm self employed, I can earn money to feed my family."

"I came to the classes because I wanted to learn sewing properly. Now I've learned lots of things."



BEN BROOMFIELD

Next up is the charity's Winter Maker's Market and Anonymous Art Sale at its Limehouse Town Hall site, from November 28-30.

Katie said as well as selling the crafts and handmade goods of members, it would also help raise money to put towards the charity's £30,000 annual overheads and costs for new textiles, CV and IT courses and work placements.

Go to fabricworkslondon.org or stitchesintime.org.uk.



Director of enterprise Katie Adkins says FabricWorks had proved empowering for the women involved in the project

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News

Borough tops list of hit-and-run hotspots

TRANSPORT

72-year-old is latest fatality to add to statistics

Rachel Bishop
@wharf.co.uk



Jenny Jones: Worrying

A 72-year-old woman was killed in East India Dock Road by a driver who failed to stop last week.

Although he returned later, the fatality adds to the list of hit-and-runs, a problem that is particularly acute in Tower Hamlets.

New figures unearthed by the Green Party have put the borough top of the list of shame for this type of crash.

The Greens highlighted the Met Police stats, which point to nearly one in five vehicle accidents in the capital last year being a hit-and-run.

Tower Hamlets ranks highest overall, getting narrowly higher figures than Westminster. The east London borough had 240 incidents of drivers making off after an

accident in 2013, with 57 of them involving pedestrians and 84 cyclists.

London Assembly Member Jenny Jones, of the Green Party, said: "It's very worrying that Tower Hamlets is the worst borough in London. Hit-and-runs are associated with other illegal activities such as drunk driving, speeding, being disqualified or

240

Hit-and-runs in Tower Hamlets in 2013. There were 68 in Greenwich.

simply having no insurance. I am particularly concerned that 84 cyclists were the victim of a hit and run in just one borough."

In total 16 of the 240 hit and runs incidents in Tower Hamlets last year were serious but there were no fatalities.

In comparison, Greenwich had 68 hit and runs with just two of them serious.

Newham also joined Tower Hamlets, and fellow east London borough Hackney in the top five overall list.

Newham had 204 hit and runs, which included two pedestrian fatalities and 14 people seriously injured.

Only Westminster had more pedestrians injured in hit and runs, but no fatalities.

Tower Hamlets came top by a fair distance on Westminster for cyclists injured in hit and runs.

Across the capital the number of hit and runs as a percentage of accidents has continued to rise over the last five years, with last year the highest at 18%.

The Mayor's office and the Met said they took Londoners' safety seriously.

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The Road / Page 74

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Notebook

Put the wrong person in the job, the result is obvious

Our incompetent new manager is – to be frank – sinking further into the abyss.

Just this week, one of our top clients complained that his handling of their account was shoddy, threatened to take their business to one of our competitors. Before this, he's had his knuckles rapped on a number of occasions.

The team is trying to work for him and with him. The trouble is he lacks charm. He's a likeable enough chap but without that power to attract it's very difficult to get people on your side especially when

one is constantly rubbing everyone up the wrong way. He's one of those types that probably means well but ends up annoying everyone even just by the way he says "good morning".

Our entire team is totally deflated despite some recent triumphs.

He has his six month review next week. What are the chances of him being let go?

I can see the meeting with my boss now. "You're under performing, you're demotivating, you lack charm! You're in!"

It's easier to keep on a weak employee

WORKING MUM



TABITHA
RONSON

than go through the process of recruiting – despite the long-term damage it causes to a team and a business.

My boss has already asked me to find a mentor for this chap, someone to work with him on his (lack of) management style. She's also asked me to book him on to a number of industry-related courses and to, well, generally keep an eye on him.

I'm sure it would be a whole heap easier getting the right candidate in the first place.

I feel bad because I don't feel inclined

to keep helping him. He's been in post now long enough to not need hand holding.

The excuses, like "I don't think the IT department has linked me up to that drive" or "I'm not leading on that so I can't help you" are beginning to wear thin. He's also supposed to be heading our European operation but doesn't ever want to go to meetings outside of the UK. *Working Mum, wondering why people apply for jobs for which they are totally ill-suited – and baffled at how they actually get them.*

"A government grant for superfast broadband helped bring our designs to life"

James Pickard, Founding Director of Cartwright Pickard Architects



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BRITAIN



Charlie Whisky

People, places, things

Girls writer and zeitgeist hugger Lena Dunham attends a celebration for the publication of *Not That Kind Of Girl: A Young Woman Tells You What She's "Learned"* at the Secret Garden, Shoreditch House.

Ray swears Olympics were a waste of dosh

★ Tough guy actor Ray Winstone may be a West Ham fan, but he's no lover of the Irons' new home.

The 57-year-old Hackney-born star has called the Stadium "a f***ing con" and the whole Olympic Games a letdown for his East End patch.

Writing in his new autobiography, *Young Winstone*, he said: "It wasn't the Olympics themselves I objected to – I really admire the athletes and the effort and dedication they put in – I just looked around at east London and thought, 'When we've built the hospitals and paid the teachers to be teachers and stopped closing all the fire stations down, maybe then we can afford this, but at the moment it's an outrageous f***ing liberty.'"



★ Five years after his farewell performance at The O2, Mick Hucknall is bringing the Simply Red lads back together for a 30th anniversary tour.

Hucknall said: "I like an anniversary, and this is a big one. It feels like the right time." The world tour, with 14 UK dates, again winds up at The O2, December 17-18, 2015.

SPIRAL NOTEBOOK

By Giles Broadbent

How tradition helps in a chaotic world

In this column, I shall attempt to go from Christmas to cataclysm in about 200 words.

Aah, Christmas, a time when the quirks of childhood become the traditions that provide essential buffers against the chaos. So Granny poured port in the Christmas cake instead of treacle in 1996. Now you do it every year. That's what makes it your Christmas as opposed to say, that of Waitrose, Russell Brand or the Queen.

Traditions are the accrual and transmission of reassuring customs and rituals. You may have started your own in the hope your children will carry it on after you've gone, even though that one with the Rizlas might have to wait.



And yet everything you know lasts for the blink of an eye

This year, with ebola running rampant and people beheading other people, the nestling of world-weary souls into the familiar cashmere snood of home seems particularly necessary.

And yet (and here's the leap) everything you know lasts for the blink of an eye. Traditions are sneezes not scars.

The UN's Synthesis report says that fossil fuels have to go by 2100. Most of the world's electricity must be produced from low-carbon sources by 2050.

This does not just mean a few more wind farms and a fitful army of impoverished Arabs. It means an entirely new world order, an entirely different value system, all in your lifetime.

Civilisation as we know is ending – and probably not peacefully. So cherish granny's Cockburn's cake – it's any port in a storm.



Follow Giles Broadbent on Twitter @MediaGulch



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Treasures of Graceland head to O2

WHAT'S ON

Rob.Virtue
@wharf.co.uk

FANS of Elvis will be flocking to Greenwich over the next 10 months for the opening of an exhibition holding some of his most treasured possessions.

More than 300 artefacts will be packed into The O2 attraction, many of which have never left Memphis before.

They include an American Eagle jumpsuit from Elvis: *Aloha From Hawaii* concert, the red 1960 MG Roadster from *Blue Hawaii* film and the King's personal wallet containing photos of daughter Lisa Marie.

Also on show will be the famous pool table Elvis played on with the Beatles.

Due to open on December 12 it will be the largest Elvis exhibition of its kind in Europe.

Wife Priscilla said: "We are more than happy to allow these memories to leave Graceland so that his fans can understand what he was really like at home, by seeing the things that he surrounded himself with."

Tickets for the exhibition will go on sale on Friday. They will cost between £9 and £20.



Elvis Presley

£2.6m overhaul for backstage club

GREENWICH The O2 has re-launched its VIP membership service and lounge following a £2.6million overhaul.

Membership costs £4,500 a year, including 10 arena shows of the member's choice annually and access to the newly refitted American Express Invites Lounge.

Brighton design firm Platform Group was hired to "create a unique space that couldn't be anywhere else" and have responded with a scheme that's heavy on bare metalwork, herringbone wooden flooring, exposed filament lighting and 1960s-style furniture.

The O2's general manager Rebecca Kane said: "I believe The O2 is taking the VIP experience to a new level."

Wilford picked to run for the Tories

TOWER HAMLETS The Conservative Party has announced Chris Wilford as its candidate for Poplar and Limehouse.

Mr Wilford, who also stood in this year's Tower Hamlets mayoral election, will be challenging Labour MP Jim Fitzpatrick for the Parliamentary seat.

"The Conservatives are a growing force in Poplar and Limehouse," said Mr Wilford. "With a fractious political landscape all bets are off for the general election."

"We can make a real breakthrough in 2015."



Photo story

EAST LONDON A memorial service will be held at Wood Wharf on November 11 to commemorate those who died in the First World War and in other conflicts.

The Canary Wharf service begins at 10.45am, with a two-minute silence at 11am.

Another event will be held at Island Gardens war memorial, also on Armistice Day. The Isle of Dogs park's memorial garden will be open from 10.30am to midday.

Pictured: Visitors view war memorial Blood Swept Lands And Seas of Red installation by artist Paul Cummins at the Tower Of London

Foot tunnels funding bid is rejected

THAMES Greenwich Council's bid for funds to manage a strategy that would see cycling in Greenwich and Woolwich foot tunnels has failed.

In August the council applied to the Mayor's Future Streets Incubator Fund for £100,000.

A council spokesman said: "The council was disappointed that TfL chose not to fund our innovative project to better manage flows through the foot tunnels."

"We are convinced that the project

could have improved journeys for both pedestrians and cyclists.

"We will now explore opportunities to take the project forward using other funding sources. We are pleased that the Friends of Greenwich and Woolwich Foot Tunnels (Fogwoft) endorsed our bid and we will continue to work with them to improve the way the tunnels are used and operate."

A Fogwoft spokesman said it would help explore alternatives.

Park celebrates popularity success

TOWER HAMLETS Festival fun came to Victoria Park after it scooped the title of the nation's favourite green space.

The east London site was filled with fairground attractions, stilt walkers and entertainment as families enjoyed a community fun day to mark the People's Choice 2014 success.

More than 32,000 votes were cast in Keep Britain Tidy's competition with the park topping last year's runner-up position.

Mayor of Tower Hamlets Lutfur Rahman said: "Congratulations to everyone who has contributed to this magnificent accolade."



Expo unveils top trends for travel

DOCKLANDS The World Travel Market exhibition has returned to the Excel centre and some of the trends for 2015 are beginning to emerge.

Among the buzz words, gadgets and experiences to look out for over the next year are:

Poshtels: Posh hostels offering middle-range budgets but offering a superior class of service.

Wearable Tech: Smart watches and Google glasses will drive the next phase of e-commerce.

Peer-to-peer eating: Come Dine With Me style dining in other people's houses.

Cycling: Two-wheeled adventures are looking to overtake golf holidays.

Journey / Page 75

CHRISTMAS SPECIALS

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Enrich your social life

An exclusive new concept in London dating is being launched on November 20th.

The Coterie London is a members club dedicated to bringing unattached, professional people together at some of London's most elegant venues.

To find out more about our first event and the membership options available, visit our website.

THE COTERIE LONDON

www.thecoterielondon.com

Christmas



Festive markets

It's just a few weeks away so you might as well plan your festive drinks now. And what better place to do it than at a Christmas market. Here's our guide to the best around.

Canary Wharf

November 17-December 24
Montgomery Square, next to Canary Wharf Tube, will see a range of stalls offering food, drink, handicraft and unique gifts. It will open to 9pm on weekdays but until 10pm on Fridays and Saturdays. You can also enjoy the ice rink at nearby Canada Square Park and the Santa's Grotto in Jubilee Place.
Go to canarywharf.com.

Victoria Park

December 2-31
The park in Tower Hamlets will have an ice rink, ferris wheel and horse-drawn carriages. Also expect a spiegeltent for live entertainment, an indoor pub and street food. (See below.)
Go to winterville.co.uk.

Tate Modern

November 14 to December 24
The annual event has moved along the South Bank to Tate Modern this year. Expect more of the same, with mulled wine, beer, bratwurst and gingerbread in abundance.
Go to xmas-markets.com.

London Bridge

December 8 to 21
More London is hosting the event at London Bridge in connection with Tudor Markets. The fair will take place just outside City Hall from 9am till 7pm each day. Head there to buy Christmas gifts or enjoy the food and drink on offer.
Go to morelondon.com.

Hyde Park

November 21 to January 4
An ice rink, circus shows, a magic kingdom, rides, a market and an ice bar await you at the central London fair. You can also visit Santa's grotto.
Go to hydeparkwinterwonderland.com.

A blend of old and new will stir up a snowstorm

WINTERVILLE

Beth.Allcock
@wharf.co.uk

TWINKLING lights, a festive glow and the aroma of mulled wine will signal Winterville's arrival in east London.

But for joint organiser Daz Guerin of Face Events, it's what's inside the attractions in Victoria Park that will be proof of the Christmas pudding.

He's keen visitors enjoy a more "content-led" experience.

So the 43-year-old has created a programme of entertainment that ranges from a pop-up pantomime and free Friday club nights to the Wall of Death and Bump Roller Disco.

The east Londoner said: "It's not like Winter Wonderland in Hyde Park - it's not as big and more content-led.



Daz Guerin: Entertainment

"We're trying to introduce a lot of content you would never see - that's the big difference. And a lot of the groups have got their roots in the East End, which was important for us."

Further fun is scheduled with a production of Sh*t Faced Shakespeare and LGBT takeovers every Sunday.

Visitors will be able to don skates on the ice rink or take a trip around the lake and pagoda in a glistening horse-drawn carriage.

"Although we are trying

to break new ground, people do expect an element of tradition," added Daz.

"So we've still got a funfair and Ferris wheel but the Santa's Grotto will be re-imagined.

"And the Food Market will offer a few items you'll have never come across.

"We're working with traders to come up with flavour twists. It's re-imagining what you would expect to eat at Christmas, that's the idea.

"But, yes, there'll still be mulled wine, mince pies and traditional food - though the whole idea is to push boundaries."

After more than four years in the pipeline, Daz said it was "now or never" for the free to enter festival.

"We see this as the start of an annual winter event so it is important we show people how different it is," he added.
Go to winterville.co.uk.

Diverse, dramatic, delightful. There are festivals to suit everyone in East London, all reachable by the DLR. Pick up a free guide to what's happening from your station, or visit tfl.gov.uk/dlr for details.

MAYOR OF LONDON



Seven bid for tech challenge

SEVEN tech startups have secured a place to participate in the EY Startup Challenge, a collaboration between EY and Canary Wharf's Level39 technology accelerator.

The challenge is aimed at finding technical solutions that respond to the forthcoming EU General Data Protection Regulation (GDPR), particularly the "Right to be Forgotten".

EY's Robert Walker said: "We have been overwhelmed by the level of applications and the calibre of tech startups that have chosen to come forward and apply."

THE SHORTLIST

Exonar allows organisations to understand what information is important, where it is, and who has access to it • exonar.com

Mentat Innovations is building a real time machine learning infrastructure • ment.at

MyGravity provides consumers a view of their digital self and provides companies services to better use consumers' data • mygravity.co

Privately provides a platform that gives privacy to end-users by allowing them to delete social media posts from circulation • privately.eu

Sedicii allows identity confirmation without having to reveal personal identifiable information • sedicii.com

Yambina provides tools for mapping data sources, applying data transformations and applying rules to data • yambina.com

Qoid provides a secure method for customers to control access to their information stored with someone they trust or self-host • qoid.com



Capital flavours

■ Greenwich brewer Meantime has served up its first beer using hops from its own urban farm in North Greenwich. The Thames Hop IPA was created using hops planted in the spring and "reflects the true flavour of the capital".

Have your say

on the proposal for a new tunnel under the Thames at Silvertown

We'd like your opinion on a new tunnel at Silvertown, which is part of a package of proposed river crossings. The new tunnel will:

- Provide a new road crossing across the Thames
- Reduce queuing at the Blackwall Tunnel
- Support the creation of new jobs and homes
- Create the opportunity for new public transport connections

We'd also like your views on a proposed range of charging options for the Blackwall and Silvertown Tunnels. Charging would be implemented from the early 2020s once the Silvertown Tunnel construction is complete to help manage demand and fund the new tunnel.

To find out more please visit tfl.gov.uk/silvertown-tunnel or call 0343 222 1234*

The consultation ends 19 December 2014

*Calls from BT landlines cost up to 5p per minute. Cost of calls from other lines may vary.



MAYOR OF LONDON



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What's On

7 days ahead
Highlights of the week



CONCERT

A Lyrical Dance Concert
Greenwich and Shoreditch

★ A Lyrical Dance Concert promises to bring movement with a smattering of cabaret.

It's embarking on a national tour with Greenwich Dance at Royal Hill (Friday) and Shoreditch Town Hall (Nov 13 and 14) among its first stops.

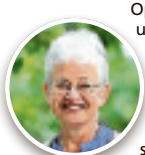
Gillie Kleiman, Sara Lindstrom and guest performer Eleanor Sikorski make up the show which is described as gently political and full of fun.

Nov 7, 13-14, £9-12, alryricaldanceconcert.com.

BOOKS

Jacqueline Wilson
Stratford Circus

★ Dame Jacqueline Wilson will be talking about of her 100th novel *Opal Plumstead* at Stratford Circus.



Opal dreams of university but her hopes are snatched away when her father is sent to prison.

Dame Jacqueline said: "I'm really excited about my

100th book. I think it's my favourite." Nov 16, 3pm, £5, stratford-circus.com.



GIG

The Wailers
Indigo2

★ The band performed earlier this year at Brooklyn Bowl and now they're back in North Greenwich marking the 30th anniversary of the iconic *Legend* album, the best-selling reggae album ever.

They'll be playing the album in its entirety so Bob Marley classics such as *Three Little Birds*, *I Shot The Sheriff* and *Jamming* will get an airing. Nov 10, 7pm, £28.90-£40.30, theo2.co.uk.

Lifetime of joy and pain ends Ben's big break

INTERVIEW

Andrew Welch talks to Ben Watt about what he's been up to for the last 30 or so years

Kate Bush isn't the only artist to make a remarkable return this year.

Back in April, Ben Watt released his second solo album *Hendra*, 31 years after his debut, 1983's *North Marine Drive*.

Of course, that doesn't tell his full story – there's the small matter of *Everything But The Girl* – but the two albums are a lifetime apart.

"Part of me perhaps wishes I'd done it sooner," says Watt. "It's not easy making a record and getting it widely accepted when you're 51. Certain doors are closed."

While certain doors may be closed, many more opened when Watt announced he was returning to songwriting. He's performed all over the UK, appeared on many radio stations to talk about the album and is heading to Shoreditch on tour.

North Marine Drive was released when Watt was 19. He says while he remains proud of the album, he was wounded by some of the criticism it received at the time, suggesting his teenage angst lapsed into self-pity.

"I can hear that now I'm older, but I was just trying to be honest. I forgive the record in retrospect. There are songs on there I still love and play live; the title track for one, I play it at every gig."

After the album's release, Watt formed *Everything But The Girl* (EBTG) with Tracey Thorn, who he'd met at university in 1981. They went on to release 10 albums as well as get married and have three children.

When EBTG went on their hiatus in 2000, dance music became Watt's next diversion, throwing himself into electronic music and DJing for the next decade or so. However, he increasingly felt something was missing.

The nagging feeling that he should start writing songs again was coupled with the love of words.

"I finished [the biography of my parents] *Romany And Tom* in 2012, and the person I most wanted to read it was my half-sister, Jenny," he says. "She was very much the family heartbeat, we were a disparate,



Tracey Thorn, Ben's wife

DETAILS

■ Ben's dad was late Scottish jazz musician Tommy Watt.

■ His mum, Romany Bain, is a writer and journalist.

■ He met Tracey Thorn at Hull University and released their debut album in 1984, and married in 2008 after 27 years together.

■ Their twin daughters, Jean and Alfie, were born in 1998, and their son Blake in 2001. benwatt.com

MORE MUSIC

★ Singer-songwriter Ed Harcourt will be performing his brand of melancholic piano-pop which has been described as "cinematic hip-hop" with comparison to Eels and Elbow.

The Mercury nominee has composed film scores, toured with the likes of REM, Wilco and Snow Patrol, performed with everyone from Patti Smith, Lana Del Ray and Nick Cave. Nov 11, 7pm, £18, mycanarywharf.com.



Ben Watts is on tour with Bernard Butler, visiting Shoreditch

dysfunctional bunch, but she was the one that always plugged us back together for Christmas and birthdays and all of that.

"Just as I was finishing the book, she was diagnosed with late-stage lung cancer and within three weeks of hospital admission she was dead, never got to read the book, and I went into Christmas in a complete daze."

Stunned, as were the rest of his family, Watt was unsure what to do next. He found himself in his studio, picking up a guitar, and songs began flowing out of him.

"Everything needs a trigger. I'm not sure the songs would've come out in the way they did had Jenny not passed away like that."

Hendra is bolstered by a number

of other musicians, including former Suede guitarist Bernard Butler.

The pair met at a mutual friend's house party and "had a grumpy old man chat in the garden about football", without really delving into music, although they did meet up to jam.

"It was uncomfortable and didn't go very well," he recalls, grinning. "It was a bit like an awkward first date, although I definitely fancied him."

When Watt finally wrote the songs for *Hendra*, Butler was the first person he called, and within minutes of talking, it was clear they were on the same page.

We met at a very key time, though. I wanted to change what I was doing, and Bernard just wanted to get out and play again. It worked perfectly."

Dave Gilmour of Pink Floyd also makes an appearance – on *The Levels* – after a fortuitous meeting at a book publishing party.

With his upcoming tour about to start, more travelling and touring planned the chances of *Everything But The Girl* making music again are increasingly unlikely.

"At the moment, it's a no, but never say never," says Watt. "Tracey never thought she'd make another solo record, I never thought I'd make another solo record, things change."

"It would be a big backwards step. I am happier playing new stuff to smaller crowds."

Ben Watt Trio, Village Underground EC2A, Nov 10, 7.30pm, £20, villageunderground.co.uk.

What's On

LISTINGS

Beauty and the Beast Theatre Royal Stratford East

December 4-January 17
Not only will the beautiful Belle strive to save the Beast during her magical journey, she'll have to battle the forces of a Wicked Witch too.

The classic tale, directed by Dawn Reid, is set to bring enchantment and fun for the family with its clever sets, catchy songs and slick choreography. Go to stratfordeast.com.

Robin Hood Winterville, Victoria Park

December 2-31
Robin Hood will be joined by Maid Marion and the rest of his merry men for a one-hour show crammed with slapstick comedy and music.

The Spiegeltent has been set up in the corner of east London to emulate his Sherwood Forest stomping ground and is the base for a re-imagined version of the outlaw's missions to rob the rich and give to the poor. Go to winterville.co.uk.

Cinderella Half Moon Theatre Limehouse

December 20
Productions tailored to youngsters are this theatre's forte.

This year, the Crazy Kat Theatre Company presents a tale of a grandfather, recounting the story of Cinderella to his granddaughter by creating a fantasy world using dolls, puppets, songs and magic tricks. Go to halfmoon.org.uk.

Mother Goose
Hackney Empire
November 22-January 4
Clive Rowe, pictured, will reprise his Olivier-award nominated role as Mother Goose in what promises to be a production filled with striking costumes, song and dance.

A live band will accompany the action on stage, where the grande dame will encounter evil sorceress Vanity, good enchantress Charity and Billy Goose. Go to hackneyempire.co.uk.

London Docklands Singers Christmas Concert

The Space, Isle of Dogs
December 15
Carols, mince pies and mulled wine will foster the festive feeling at this Island theatre. All proceeds raised on the night will be donated to Crisis at Christmas. Go to space.org.uk.

Concert
Old Royal Naval College, Greenwich
December 12
Songs of Yuletide will ring out alongside traditional readings in the chapel. Proceeds raised will go to Demelza Hospice Care for Children. Go to ornc.org.

The Definitive Rat Pack Christmas Special
Indigo2 at The O2, North Greenwich
December 15-16
The original cast of *The Rat Pack - Live From Las Vegas* will bring the spirit of Christmas south east of the

Your guide to Christmas shows

A head of Greenwich Theatre's pantomime, Andrew Pollard talks to RACHEL BISHOP about his role in *Jack And The Beanstalk*, as he begins his ninth consecutive panto performance with the theatre.

“

“In my other life as a jobbing actor I play the repressed English man character all the time, so this gives me a chance to be outrageous and to shock.

It's a real stress relief at the end of the year as you can be slightly naughty and take the mickey out of all kinds of things. In my role playing the dame, I don't think of it as dressing up as a woman, but more just being a total clown.

The audience usually like what I do and there's a comfort in it – have a repertoire they're familiar with.

With the references to the local area you can relate it back to the audience and that way you can create a bond with them – and here we have a strong bond between the actors and the audience.

What sets us out from other pantos is our traditional style. There aren't many traditional ones around any more.

I have a real love and passion for them so I try and keep the tradition alive.”
Nov 20-Jan 11
Go to Greenwichtheatre.org.uk.

”



Andrew Pollard resumes his role as the panto dame

capital with a setlist crammed with winter tunes. *Let it Snow*, *White Christmas* and *It's Cold Outside* will all feature, as well as fans favourites *My Bojangles* and *New York, New York*. Go to theo2.co.uk.

FURTHER AFIELD

Sleeping Beauty

Churchill Theatre, Bromley
November 28-January 4
Corrie bad guy Marc Bayliss will take on the role of the prince as the story of *Sleeping Beauty* arrives in south east London.

Expect a land full of castles, fairies, witches and forests as the hero hopes to break a 100-year spell cast on the Princess by the evil Carabosse. Go to atgtickets.com.

Snow White And The Seven Dwarves

Richmond Theatre
December 5-January 11

Jerry Hall will add celebrity sparkle as the Wicked Queen in this festive adventure into a fairytale forest.

In her bid to banish Snow White from the kingdom, she'll encounter a band of seven lovable dwarves and a handsome prince in this battle of love and evil. Go to atgtickets.com.

The Snowman

The Peacock, Holborn
26 November-January 4

This much-loved festive spectacle, based on the story by Raymond Briggs, will return to The Peacock Theatre for its 17th year.

It tells the tale of a young boy whose snowman comes to life on Christmas Eve and features a live rendition of the enchanting *Walking In The Air*. Go to sadlerswells.com.

Christmas shows

Unicorn Theatre, Southwark

Various dates from November
Whether your little one is a fan of ballet, polar bears or just fancies a traditional tale of the Three Wise Men, The Unicorn has it covered.

The venue is hosting productions of *The Nutcracker* and *The Mouse King*, *The Fourth Wise Man*, *The Polar Bears Go Wild* and *Scrunch* – about baby's first Christmas – for its seasonal offerings. Go to unicorntheatre.com.

Beth Allcock



Beauty And The Beast at Stratford East

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What's On

MUSIC



1989

Taylor Swift
★★★★☆

The 24-year-old is perhaps the biggest pop star on the planet – and it's justified.

Her fifth album *1989*, named after the year she was born, shakes off the shackles of her Nashville background to offer up a straight pop record, full of singable hooks, memorable choruses and empowering lyrics.

She answers her critics in *Shake It Off*, addresses a former lover (*Style*), writes from the perspective of the Taylor the media has created (*Blank Space*) all while having the most fun possible. *1989* is a blast and puts Swift several leagues above her competitors. **AW**

APP



SnapDonate

Free on iTunes and Google Play
★★★★☆

This image-recognition app lets you support charities wherever you might be by transforming your mobile into a magic lens that, when pointed at a charity logo, will instantly recognise which charity it is. You then decide how much to donate, from as little as £2 – and up to much, much more.

BOOK



The Churchill Factor

Boris Johnson
★★★★☆

This study of the great leader will do nothing to halt the belief that London's mayor sees himself as a future Prime Minister.

You can understand Johnson's fascination with another journalist/politician/writer criticised for inappropriate levity, who had a fractious relationship to his own party core.

Johnson engagingly summarises Churchill's character and career, and debunks some myths while remaining suitably awed by the oft-implausible truth. He is thoughtful and just about avoids hagiography. **AS**

Christopher tries to make sense of confusing world

STAGE

The Curious Incident Of The Dog In The Night-Time

Gielgud Theatre

The torment of living in a world that is threatening, jagged and strange is given full expression in this inventive and intelligent adaptation of Mark Haddon's award-winning book.

That the production is uninvolved, at least in the first half, is oddly and accidentally fitting. As a whole it lacks a gut punch but is never less than intriguing.

Christopher Boone, 15, is lost somewhere on the autistic spectrum. He loves order, maths and space and dislikes yellow, metaphors and hugs.

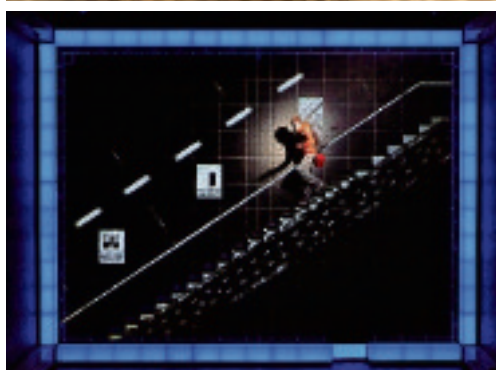
Since the book was published in 2003 we have become used to Christophers as they tend to crowd out high concept US crime dramas and earn a million bucks an episode in *The Big Bang Theory*.

So the tropes of a behavioural spectrum disorder, without the snazzy, superhero advantages, are perhaps behind the stuttering start.

Christopher finds Wellington the dog stabbed with a garden fork. An aficionado of Sherlock Holmes, he knows an investigation is necessary.

"When someone gets murdered you have to find out who did it so that they can be punished," he says in his blank voice.

Along the way, he uncovers family secrets that would be difficult to stomach for a boy with a well-balanced outlook let alone one who needs diagrams of facial features to help him translate emotion.



Ed (Nicolas Tennant, left) and Christopher (Graham Butler) play out their dramas on Bunny Christie's graph paper set, left

And yet his inability to cope with the simplest of everyday challenges – like talking – lessens the impact of these bodyblows.

If a simple hug is the peak of exquisite agony, then lies and deception of the most egregious kind are merely

another strand of white noise misery, indistinguishable from the cacophony of his Swindon existence.

The play invites us to empathise with the parents who (understandably) are more sinners than saints. Dad Ed (Nicolas Tennant) stays and takes the

stick, while Mum Judy (Emily Joyce) flees and takes the guilt.

Both ultimately pay for betrayals, underscoring the play's message that isolation is on the spectrum of the human condition too.

Christopher runs away to his mother's house in Willesden encountering the full-on London experience of noise, dissonance and violence.

At last Bunny Christie's imaginative graph paper set fulfils its potential with a variety of fireworks along its X-Y co-ordinates. Meanwhile the ensemble march, shout and do all the other things that intrude on Christopher's small besieged patch of peace.

"Count the rhythm in your head like when you're doing music," says his teacher Siobhan in his head.

All this jumble is held together with nimble brilliance by Graham Butler, whose wide-eyed naivety and confusion put some traces of humanity into a tragically robot soul.

Siobhan (Sarah Woodward) is the one character with heart while his parents are strangely unaffected.

There is no ribbon to tie up the story. Christopher will not collapse in his parents' arms in a moment of self-recognition and good humour.

But there is a (real) puppy that wags its tail joyously, eliciting "oohs" and "aaahs" – emotional responses which are in surprisingly short supply elsewhere.

Giles Broadbent

Until Feb 14, 7.30pm (mats), £20-£76, delfontmackintosh.co.uk.

Our verdict

Intriguing adaptation gives a fresh insight into challenging condition

★★★★☆

SCREEN

The Skeleton Twins

(15) 93mins



Estranged siblings confront their past in Craig Johnson's hilarious and heart-rending comedy about keeping it in the family, where "it" includes suicide, sex and deception.

This gem of a character study is blessed with eye-catching performances from Kristen Wiig and Bill Hader as the offspring, whose relationship has mouldered in since their father leapt off a bridge.

This unexplained death provides the catalyst for the disintegration of the characters' dysfunctional family.

★★★★☆

SCREEN

The November Man

(15) 108mins



After CIA officer Peter Devereaux (Pierce Brosnan) is involved in a bungled operation he quits and opens a coffee shop.

Six years later, Devereaux's old boss John Hanley (Bill Smitrovich) makes contact with an urgent job. Hanley needs Devereaux to extract undercover Natalia Ulanova and move her to a safe house.

Devereaux agrees to return but the mission goes horribly wrong and *The November Man* is compelled to fight for his life on foreign soil.

★★★☆☆

SCREEN

Interstellar

(12A) 150mins



Writer-director Christopher Nolan shoots for the stars with a futuristic thriller about mankind's search beyond this galaxy for a new home.

Epic in scope and wildly ambitious, *Interstellar* doesn't quite achieve its bold vision of a love story between a father and daughter.

However, even when this grand futuristic adventure malfunctions, it's a deeply engrossing meditation on the endurance of emotional bonds. Stars Matthew McConaughey and Anne Hathaway.

★★★☆☆

SCREEN

Say When

(15) 99mins



Director Lynn Shelton hinges her story on Megan (Keira Knightley) who has no direction in her life and is content to wander aimlessly from one uneventful day to the next.

She's the least likeable and sympathetic character in the film, which poses an unsurmountable hurdle for Shelton.

Megan befriends teen Annika (Chloe Grace Moretz) and crashes at her house where her divorced father (Sam Rockwell) nurtures the small spark between them. Wishy-washy.

★★☆☆☆

HALLOWEEN BALL Beth Allcock mixes with the witches and the walking dead. Pictures by Patrick Straub



Adele Wilson, right, opts for a vegetable theme



Stefania Helme and Georgina Rheusa



Stefania Helme and Georgina Rheusa



Friday night was fright night at the Radisson Blu Edwardian New Providence Wharf as a host of hellish souls came out for a spine-tingling shindig.

Vampires sucked blood-red witches' brew, the walking dead dived into bowls of brains and discarded eyeballs and a crazed clown took to the chequered dance floor – all for The Wharf's Halloween Ball in aid of charity Tommy's.

The blood-curdling action raised £2,590 after Wharfers dug deep into the pockets of their fancy dress costumes.

For many, October 31 was an excuse to ditch the officewear and rifle through the rails for rather darker attire.

Skeleton-faced sisters Stefania Helme and Georgina Rheusa channelled inspiration from Day of the Dead.

"I'm really happy with my look," said Stefania, a teacher in Bermondsey.

"A friend of mine is a make-up artist and she came round to do our faces – we showed her some pictures and she just did it – though I still don't think I look like me.

"And my dress is a musty one from a garage my father-in-law had.

"We just thought we would do it like this as it's a Halloween Ball for charity, so we thought we'd go for it.

"I've got a two-year-old and he had lung problems when he was born so any event for a children's charity I'm there."

Estate agent Metro 148's managing director Angelou Beswick, pictured, headed to Shoreditch to source her glamorous – yet rather tricky – gear.

"I wasn't sure what I wanted to come as so I went to a fancy dress shop and let them come up with a few options.

"I'm tickling people in the face with my feathers – my friends are getting a bit annoyed."

Meanwhile Adele Wilson was adamant about her Halloween apparel.

"Everyone wants to be a sexy something or other but I just wanted to be a big blob," she said, from behind her pumpkin outfit.

Radisson's general manager Gavin Sanders has witnessed many spooky sorts taking over his hotel.

He said Halloween parties over the years showcased the space's versatility for hosting events.

"This is fun – it's much more pleasurable than business – and this place is all about variety," he said.

"When you throw in Tommy's, you've got something that's fun, something in the area, giving exposure and for a great cause. It feels good."

Madison Brook's senior consultant Adam Hoskins talked about the firm's sponsorship of the event and said: "We work in the area and with clients from the Wharf. It's important to do our bit for charity.

"It's to show we care, and show we don't just turn up for these events, we sponsor them as well."

A GHOULISH GATHERING

Food

£125



£25



£17



Chocolate treats to delight the whole family available in store

★ This year's Christmas collections from heavenly chocolate brand Godiva are based around festive flower the poinsettia.

Christmas stocking, £17
The stocking comes filled with eight Christmas characters that includes trees, Santas, snowmen and gingerbread houses, called sujets. It's just

the right size to hang off the mantelpiece or use as a tree decoration.

Christmas hamper, from £125

Each of the four "mock croc" style hampers available are packed full of chocolatey goodness – including a festive selection of chocolates, tablets and truffle gift boxes.

Christmas bear, £25

Perfect for the little ones in the family, this year's Christmas bear (complete with a green outfit and Santa hat) comes with a four-piece gift box to get some chocolate round their mouths.

For more information go to godivachocolates.co.uk

Rachel Bishop

Bring us some figgy pudding.. and other stuff

ORDER IT IN Rachel Bishop rounds up some of the more unusual delivery options for festive fare



Let someone else stress about peeling the spuds, defrosting the turkey and stirring the gravy this Christmas and get the whole festive feast delivered to your home instead.

pictured below, gratin dauphinoise and brandy sauce. Last orders for Christmas must be made by December 15.

Go to formanandfield.com.

MAIN COURSE

■ Four Seasons

Canary Wharf's Egyptian-shaped hotel is offering a turkey-to-go basket for two from December 19.

The meal starts with a house gin-cured salmon, cooked king prawns and home-made soda bread.

For the main course there's slow cooked Norfolk turkey with roast potatoes, chestnut stuffing and sautéed farm pickled vegetables, accompanied by cranberry sauce and bread rolls.

It's then all finished off with a Christmas pudding and brandy ice cream.

Maggie Heneghan, from Four Seasons, said: "The festive dinner party season is often synonymous with stress."

"This three-course gourmet meal will be prepared by the hotel's culinary team, allowing for less time spent in the kitchen and more time with loved ones."

Delivery costs £39pp and is available from December 19-25, but requests must be made 48 hours in advance.

There are also three and four-course meals available at the hotel's Quadrato Restaurant from November 28 to December 31 from £29 and two set menus for lunch and dinner on Christmas Day and New Year's Eve from £120. Go to fourseasons.com or call 020 7510 1858.

THREE ALTERNATIVES

Forman and Field

Forman and Field, which is part of east London stalwart fish smoking business H Forman and Son, can deliver all those luxury goods for a Christmas meal, including a three bird roast,



Riverford

Veg, cheese, fruit, festive drinks and meat boxes can be delivered to your door by the Riverford Farm team this Christmas.

The Devon-born company delivers all across London, providing organic and fresh produce. Orders can be made until December 22.

Go to riverford.co.uk.



Nicolas

Nicolas, which features its own wine bar under One Canada Square, offers free home delivery for as much alcohol as you fancy for those inside the M25.

If you want to try anything before you order pop into the store for free tastings.

Deliveries can be made throughout December, except for Christmas Day, Boxing Day and weekends.

Go to nicolas.co.uk



CELEBRATE IN STYLE

Enjoy the festive season with Crowne Plaza London Docklands

Joiner parties, exclusive parties and festive lunches... we have it covered! Fully inclusive party nights with sumptuous food, novelties and floor filling entertainment from £28.95 per person, plus special rates on overnight accommodation.

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One FREE place in 10 if you book by 30th November and quote WHARF. Rate/space subject to availability at time of booking.

1 SWEET TOOTH

■ Heston from Waitrose Hidden Orange Christmas Pudding, £15

WE SAY

This is a 1.2kg hunk of a pudding that ticks every box of festive indulgence – a chunky, stodgy sponge that has soaked up the punch of cider and sherry, a generous dollop of chewy currants and raisins and a warming glow with every spoon.

In true Heston fashion there's a twist and the concealed sticky, treacle-like fruit provides a potent surprise. Avoid if you've a sensitivity to sugar.

Waitrose, Canada Square Mall
Go to waitrose.com



2 GRAPE EXPECTATION

■ Waitrose Mulled Wine, £4.99

WE SAY

Something else to warm up in the office microwave, but make sure you stand guard while it does.

The spice-filled aroma's just as good as the taste, with a lovely richness, depth and generous flavours of cinnamon and clove to warm the winter blues. Unfortunately it's likely to draw colleagues like sparrows to a milk bottle.

Waitrose, Canada Place Mall
Go waitrose.com



3 FIT AND HEALTHY

■ Apple, Pear and Brussel Sprout Juice, £2.20

WE SAY

Slurping down mossy-coloured smoothies has become a staple for some Wharfers but this attempt to blend health and festivity disappoints.

It sort of has a Christmassy shade of green about it, but the tangy, pleasant sweetness of five apples and one-and-a-half pears cancel out anything from the four pureed servings of sprouts.

Oddly, it left us craving a portion of real brussels.

Marks and Spencer, Jubilee Place Mall
Go to marksandspencer.com



4 TRADITION DEMANDS

■ Chicken and Cranberry sandwich, £3.50 (for the carnivores)

WE SAY

This fruity sandwich is a great way to get in the festive mood.

Chunky pieces of chicken are complimented by the crisp lettuce and crunchy truffles, perfectly finished off with the subtle flavours of the sage mayonnaise.



Tom's veggie option

■ Squash and Blue Monday cheese on brown bread, £3.50 (veggie)

WE SAY

Well balanced winter flavours of creamy nuts, sharp cheese, crunchy fennel and sweet squash make this sandwich a must.

The filling's generous, evenly spread and encased in wholesome slabs of brown bread – the only down side is you might not have enough room spare for dessert. Tom's Kitchen Deli, Westferry Circus
Go to tomskitchen.co.uk

6 treats to buy colleagues for an in-office festive bash

By Beth Allcock

5 INTOLERANT TUMMIES

■ Lovemore Four Mince Pies, £2.45

WE SAY

There are four sparkling moments of festive joy for veggies and those with intolerances to wheat and gluten within this box.

The pastry's sweet, crumbly and plentiful while the fruit-packed filling is generously spiced.

Holland and Barratt, Canada Place Mall
Go to hollandandbarrett.com



6 EURO FILLERS

■ Mostaccioli chocolate, £7.95

WE SAY

It's a sweet biscuit traditionally served at the end of a meal in Campania, southern Italy.

Be prepared for a little surprise when you break through the outer layer of rich, dark chocolate to find the chewy cookie middle, spiced with a touch of cinnamon.

Carluccio's Reuter's Plaza
Go to carluccios.com



28 WEST Bar & Grill

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Health

Follow our tips to get in shape fast



Fitness guru **Laura Williams** has put together a six-week plan to get you into that special outfit

With just a few weeks to go until the party finale of the year, now's the time to embark on our safe, effective regime that will have you ready for that LBD or tux in no time.

Our plan comes with a set of diet rules along with three sample days of eating to get the job done in the shortest time.

The Diet Rules

■ Keep plenty of drinks on hand for when you're fighting the urge to pick at food.

Keep bottles of sparkling and still water to hand – liven them up by adding a drop of cordial or a slice of lime.

■ Restrict alcohol intake to the weekend. And then go easy on the beer – spirits with low cal mixers and champagne make for better waistline choices.

Alternate soft drinks with your alcoholic ones. It sounds dull but not only do you save on empty calories, you're less likely to end up apologising for silly seasonal behaviour.

■ Try to resist the temptation to stockpile cut-price Christmas treats in the run up to the big day. It might make financial sense to invest early in tins of sweets and tubs of peanuts but they'll prove irresistible after a hard day at work.

■ Plan meals in advance so you don't accidentally eat too much because your plan has gone out the window.

Shop in advance, avoid running on empty and never food-shop on an empty stomach.

■ Opt for high-fibre, complex-carb based meals that contain good quality protein. This will help to keep you going in between meals.

High-fibre foods such as wholegrains, pulses, fruit and veg are the dieters' dream while good quality protein also helps to keep you fuller for longer.

SAMPLE MENUS

DAY ONE

Breakfast

Scrambled eggs with tomatoes and mushrooms (two eggs, six tbsp skimmed milk, ½ tsp butter).

Lunch

Roast veg couscous with feta (mix 200g cooked couscous with two large handfuls roast veg – courgettes red onions, peppers & aubergines). Serve with a tbsp of crushed feta.

Dinner

Sour cream & bacon baked potato (one medium-sized potato served with two rashers chopped smoked bacon, a tbsp of sour cream and chopped chives). Serve with green side salad.



High intensity: As well as eating right Laura suggests hard workouts

DAY TWO

Breakfast

Banana porridge (add a sliced banana to 30g cooked porridge with optional low fat fromage frais and a little honey).

Lunch

Turkey & avocado wrap (one tortilla wrap with three thin slices roast turkey breast, a small avocado, two handfuls green salad leaves; serve with a small tbsp of cheddar cheese and a tbsp of salsa).

Dinner

Healthy fish and chips (small 100g cod fillet in breadcrumbs; one small potato cut into wedges and brushed with olive oil). Serve with 2-3 tbsp of green peas.

DAY THREE

Breakfast

Breakfast smoothie (a small banana, ½ tsp honey, dessertspoon granola, three tbsp of low fat yoghurt and 100ml pineapple juice).

Lunch

Nicoise salad (50g drained tuna, four new potatoes, handful cooked French beans, hard boiled egg, oil, vinegar and sprinkling mixed herbs).

Dinner

Mediterranean salmon (100g oven baked salmon steak served with 200g roasted Mediterranean veg – courgettes, cherry tomatoes, aubergine, red onion).

As for exercise, make your sessions frequent and tough to burn as much as possible.

Lift weights, but don't neglect cardio either. Keep changing that routine to stop yourself ending up on a plateau. Also, don't be tempted to undo all that good work by pigging out at the first opportunity.

Follow @laurafitness on Twitter.

How to squeeze into a sublime dress in time



Lasting solution: Tom Exton believes in teaching his clients how to lose weight and keep it off long-term

WEIGHT LOSS

Programmes start to produce results in three-to-four weeks, writes **Beth Allcock**

Get shredded" and "diet". Two phrases bandied around during Little Black Dress season.

They're also words topping the agenda at three LDN Muscle programmes launched by Wharfer Tom Exton, twin brother James and their pals, brothers Lloyd and Max Bridger.

But Tom is keen to stress Get Shredded, Lean Bulk and Bikini Body aren't quick fixes.

"They're very much geared to the long-term and education, so the

person won't go back to their old ways and shape," said the 27-year-old Barclays employee.

"We base our programmes on healthy eating and sustainable results – not crash diets.

"We make sure people know what they are doing, what they are eating and what it does, so they can take those lessons with them.

"It's very easy to tell someone if they want to lose weight to cut calories and carbs. While they will lose weight, they will lose good muscle mass and fat with it and, once they go back to eating normal foods, they will pile it back on. They way we try to do it is by 15 weeks of good practice."

The programmes were formed by the four founders after months of testing and research. The results saw LDN Muscle launch last February.

Since then, it has secured more than 41,000 online users. They all start with the programmes' first chapter, which identifies body shape and activity level to give a tailor-made experience.

Then it's time for a 15-week fitness timetable to implement in the gym alongside diet advice.

Tom is on hand to tackle queries, as well as posting clients' progress pictures on Instagram.

Although the plans span more than two months, Wharfers with six weeks to tone up for their festive attire need not fear.

Tom recommended Get Shredded for guys with "a bit of a belly" while the Bikini plan is an all-female weight loss scheme. He said results could start to show as soon as the end of the month.

"By three-to-four weeks you can see a noticeable difference," he said. "You're not going to halve in size but it's considerable weight loss."

"Seeing the progress is the best bit – it's not just the fact people have become athletic, they have also got confidence."

The online plans start from £40.

Go to ldnmuscle.com for more information.

WINTER TIPS

★ Senior fitness adviser Michael Simmons, who is part of Nuffield Health's South Quay gym Club Baltimore, shares a few ideas on how to tailor your gym workout to the winter months.

■ Keep warm and improve circulation

Michael suggests exercises that use as much muscle surface as possible.

He said: "The more muscle you use the more energy you are using and therefore will be creating more heat. The battle rope is good for keeping you warm and providing a total body workout, power strength and conditioning."

"If you want to get your heart rate up and blood pumping with little effort, skipping is perfect as it's fun and doesn't feel as difficult as a lot of other exercises."



Get intense: Michael Simmons

■ Keep motivated with a workout buddy

Michael says to strengthen willpower get an exercise buddy. He suggests the following exercises you can do together.

He said: "The medicine ball is great to use with an exercise partner."

"There's two things you can do that are really easy – while doing sit ups pass the ball between you as both move forward into the sitting position, or sit back to back and pass the ball round to the side and repeat."

■ Use exercise as its own reward

Michael says physical activity releases serotonin, which should leave you feeling good.

He suggests using that happiness boost to keep away the winter blues.

Rachel Bishop

Fashion

Find the perfect **LBD** for your festive celebrations

STYLE

Rachel Bishop picks JP's brain on the body shape and applying it to the festive party classic

There are so many Little Black Dresses to choose from and so little time to find the right one for your shape.

So we asked fashion stylist and presenter **JP** from *Effort Made* – who has styled a number of Canary Wharf fashion shows – for some advice.

He picked out a few dresses and gave us a rundown on picking the appropriate garment for one's physique (complete with curious capitalisation).

JP said: "An area that's talked about oh-so-often is body shape. "After years of hearing women referred to as varieties of fruit and inanimate household objects, I decided to take matters into my own hands. I've designed a body identity system to empower the shopper and make her feel excited about the next stage of her fashion evolution."



Stylist JP has come up with his own guide to body shapes

"Complimentary Therapy is made up of five characteristic body shapes – eXquisite, diVine, sublime, gOrgeous and alluring."

"Once the reader has identified her shape, there's advice to make sure that she's flattering her body even more than a Barry White floor filler on full blast."

THE FIVE SHAPES

■ eXquisite

She has a traditionally curvy figure, which is proportionally balanced, nipping in at the waist.

JP's says: "With her it's all about fit. She should always make sure her clothes fit to form around the waist or her silhouette will appear larger than it is."

■ diVine

Her shoulder and boob department form the broadest section, narrowing down to slim hips and legs.



sublime Foppar dress, £179
Ted Baker Canada Place Mall
tedbaker.com



gOrgeous V-neck dress, £50
River Island, Cabot Place Mall
riverisland.com

eXquisite Jersey dress, £170
Karen Millen, Jubilee Place Mall
karenmillen.com



diVine Ville dress, £89
Monsoon, Canada Place Mall
uk.monsoon.co.uk



alluring Dress, £29.99
Zara, Cabot Place Mall
zara.com



Stand out Lace dress, £169
Ted Baker Canada Place Mall
tedbaker.com

JP says: "Simple rule – Lady V; meet the V neckline. If she uses this shape up top, combines it with a midi strap, adds into the equation waist fitting garments then perhaps throws some volume on the bottom half with the help of a fuller skirt, bingo."

■ sublime

She's fairly trim up top but curves out towards her thighs and bum.

JP says: "While she may feel all eyes go southwards when they look her way, by making sure her boobs (good bra) and shoulders (pads or structured materials) reflect her bottom half curves, she'll be smack bang in proportion."

■ gOrgeous

Her curves are focussed mainly around her boobs and tummy area.

JP says: "It's foundation garment

time – if she makes the corsetette her friend, perseveres with the rigmarole that it takes to get on and then embraces her new silhouette with some waist fit garments, she's instantly exquisite."

"She should also opt for a bit of plunge to the neckline to avoid a blocky shape to the torso."

■ alluring

She has a slim, gamine figure, with narrow hips and tends not to be too curvy.

JP says: "She can wear unstructured styles that focus on quirky trend rather than body shape or up the gawp factor by whacking on a waspie with her underwear (to nip the waist and give the illusion of curves) and slip into a figure-hugger to work it like she's on the red carpet."

Go to effortmade.com for more tips.

JAZZ UP

★ Little black dresses can, dare we say, be a bit dull on their own. Pair with these for a bit of fizz in your festive outfit.

Analise heel, £79
Dune
Cabot Place Mall
dunelondon.com



Silver embellished pouch clutch, £25
Miss Selfridge
Westfield Stratford City
missselfridge.com



Heart tag stud earrings, £8
Accessorize
Canada Place Mall
uk.accessorize.com

Lovebox snood, £59
Dune
Cabot Place Mall
dunelondon.com



Flashing xmas earrings, £2
Primark, Westfield Stratford City
primark.com

ROYAL BRITISH LEGION

Wear a badge for Remembrance Day

★ The Royal British Legion has launched a range of poppy brooches, including one that features the famous words of Laurence Binyon's poem, *For The Fallen*.

The collection has been released ahead of Remembrance Day, which this year marks 100 years since the outbreak of the First World War.

The brooches cost £14.99. All proceeds go to directly to The Royal British Legion.

Go to poppysshop.org.uk.



The brooch with Binyon's famous words

Drive

HOW WE ROLLS



ROAD TEST

Jon Massey climbs into a borrowed Wraith and finds out what it's like as pilot

The soundproofing on the Rolls-Royce Wraith, like so many things about it, is exquisite. But it wasn't enough to stifle the cry of "Wow, so cool," from a nine-year-old boy as I drove it through a small town in Hertfordshire on my way to Canary Wharf.

This shrill outburst of envious awe was suppressed in the adult men I drove past in central London. But, if your thing is having your car followed

by numerous pairs of hungry eyes, then this is the vehicle for you. It has the exclusivity other marques can't manage. You won't pass legions of these Up West or see many circumnavigating One Canada Square, unlike the herds of Astons and Bentleys that crowd the capital's more exclusive areas.

But that's hardly a surprise. Rolls' most powerful ever production car is something many aspire to but few can afford. At £234,000, the model I'm testing is £14,000 more than the flat I've just managed to scrape enough cash together to buy.

For that you get a sharply styled lump so dense and weighty it probably exerts its own gravitational pull. Its curves suggest shaping by interstellar winds rather than human hands – a car than might withstand the roughest onslaught of the cosmos, only getting

What are you really paying the money for?

"You won't pass many of these Up West or see many circumnavigating One Canada Square unlike the herds of Astons and Bentleys in the capital."

its corners smoothed in the process. When sat behind the wheel, the world outside seems impermanent, flimsy and delicate.

Despite the power of its 6.6-litre V12 twin turbo and the blistering acceleration it's capable of with shoe pressed firmly to the floor, it's not a car that strains at the leash.

The creep in its automatic gearbox is almost sluggish, although it slips

happily enough around town at low speeds – more cruise ship than speedboat in feel. Something that becomes even more apparent at higher speeds.

At 70 it's not even breaking a sweat and feels as though it would only be cantering at twice that. Snug in its interior this is as insulated and protected as modern motoring gets.

But there are some problems. When paying out the kind of money Rolls-Royce is asking, expectations are and should be as high as The Shard.

Firstly it's big, so despite its state-of-the-art parking camera system, it takes a long time to squeeze it into a space in one of the Wharf's multi-storeys.

Secondly everything should have the quality of the stitching on the leather seats and the studied dusky finish of the wood lining the doors.

There are many delicious touches

FACTFILE

Rolls-Royce Wraith

- From £229,128.
- 6.6-litre twin turbo V 12 engine producing 624bhp with 800Nm of torque.
- 0-60mph in 4.4 seconds.
- Features Satellite Aided Transmission using GPS data and its navigation system to select the right gear for the road ahead.
- 20" seven-spoke wheels as standard.
- Unlimited choice of colours.

from the high-tech gadgets (night vision camera, a head up display and speed limit detector) to the soft, silent wisp of air felt as compartments close themselves at a touch.

But that doesn't make up for a ghastly oversight in quality control, one perhaps born of the marque's legacy. The indicator, transmission control and, to some extent, the steering wheel all have elements of cheap plastic. The implication is the driver and what he or she touches is less important than the rest of the vehicle.

But the Wraith is not a model designed for a chauffeur. It's a driver's car. A touring slab for the extremely well to do to zip between European destinations. So it's either a lack of respect for the person engaged in the dirty business of operating the machine or a borrowing of parts from parent company BMW's less racy cars.

Whichever it is, at this price it's unacceptable in a vehicle where they've very nearly thought of everything.

Our verdict

Not quite close enough to perfection for a fifth star

★★★★☆

Get inside a Rolls' design

★ If you'd like to find out more about Britain's most famous marque the firm is gearing up for a free exhibition in London.

Dubbed *Inside Rolls-Royce*, the show will open on November 13 at the Saatchi Gallery on the King's Road.

Running for four days, the exhibition has been designed to treat visitors to an "unexpected multi-sensory journey through the marque's world-renowned engineering, design and craftsmanship".

The organisers promise it will provide new levels of insight into the remarkable lengths required to create the world's pinnacle super-luxury motor car.

The show is open until November 16, daily from 10am-6pm.

Go to insiderolls-royce.com.



The iconic Spirit Of Ecstasy

Journey

Barrels of fun and the sweet flavour of Caribbean life

NEVIS

Shereen Low gets stung by fire ants – and a feisty Killer Bee rum cocktail

Two big brown eyes are peering at me. Then, in a flash, they disappear, with only the flicker of a long tail visible in the distance. Above me I hear the patter of tiny feet dancing across the roofs.

"Stay quiet," our guide Kervin Liburd says. "Don't move and they might come closer."

I'm in the lush rainforest on the Caribbean island of Nevis, on the lookout for green vervet monkeys. In a country where there are almost twice as many primates as the 12,000 population, the creatures aren't too hard to spot.

I'm so engrossed I fail to notice where I'm standing – until I feel a burning sensation in my feet. Red fire ants.

Kervin rushes over. "Don't panic. This leaf from the soursop tree will soothe the irritation," he says.

"Rub them over the bites and the stings will subside."

He's right – within minutes my feet feel much better.

Kervin, whose father Lynnell founded tour company Sunrise Tours in 1990, knows exactly which plants are poisonous, and which ones have natural medicinal properties. His expertise proves to be vital during a two-hour walk through the rainforest.

"Be careful of those flying insects," he tells us. "You don't want them getting into your ears and eyes because they'll burrow and lay eggs. And



The greathouse at Montpelier. Below, barrels of rum

watch out for spiders on the ground."

For the rest of the walk, I act like a scaredy-cat, covering my ears and eyes and stomping on the ground.

This wild and unpredictable environment is part of Caribbean island Nevis, the little sister of St Kitts.

Getting here isn't difficult – a nine-hour flight on British Airways from London Gatwick to St Kitts, with a quick stopover in Antigua, followed by a boat ride across from St Kitts.

As soon as we arrive in Oualie Beach on the island's north side, I feel city life receding. Everything here is much slower than on other Caribbean islands, such as Barbados, Antigua and St Lucia.



I'm staying at the Montpelier Plantation, a beautiful former sugar cane producer converted into luxury lodgings in the 1960s.

Set in the foothills of Nevis Peak, 750ft above the Caribbean Sea, this hideaway, which Princes William and Harry visited with their mother Diana when they were young, is surrounded by tropical gardens and historical buildings.

A driving tour around the island takes half a day, with stops at St Thomas' Lowland Church, the oldest church on the island offering a great view of Nevis Peak volcano, the hot springs at Bath Village, the ruins of Hamilton Estate, and the main city of Charlestown. We also stop at the Nisbet Plantation Beach Club, once the family home of British naval hero Admiral Horatio Lord Nelson's wife, Frances "Fanny" Nisbet.

It would be a travesty to visit Nevis without trying rum. Both St Kitts and Nevis were once known as the sugar islands, because of the numerous plantations – exporting to West India Dock – but the last sugar and cotton plantation on Nevis closed in 1958.

Montpelier Plantation's own special blend of Rum Punch, made from three different kinds of rum, lime, sugar and bitters, goes down the throat smoothly. But the most potent cocktail is the Killer Bee at Sunshine's Beach Bar on Pinney's Beach, which leaves a tell-tale sting.



The beach at Nevis, exhibiting all the charm and allure of the Caribbean

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DETAILS

■ Shereen Low was a guest of Montpelier Plantation & Beach, Nevis (montpeliernevis.com) and the Nevis Tourism Authority (nevisisland.com).

■ A seven night stay at Montpelier Plantation & Beach costs from £1,699pp,

booked through British Airways (ba.com).

■ The package is based on two adults sharing a room on a B&B basis with return flights from London Gatwick (with price based on travel in November 2014).

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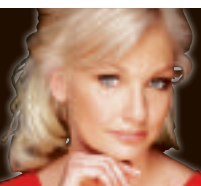
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Beware of giving out information that is not really yours to share, or you could be labelled a gossip. Time spent with Gemini helps you discover the future.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Check your calendar, as aspects suggest you may have forgotten an important event or date in your life. News of someone from far away gives hope.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Don't let yourself be taken advantage of. Although you think it is fine to pay for others, you need to stop and ask yourself if they would do the same?

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Your time does not seem to be your own as you rush around doing things for everyone but yourself. Your hard work pays off and helps a close one.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Try to be flexible with your plans this week and don't rush into things you don't know all the details of yet. Time spent with an old friend reveals some secrets.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Someone's growing on you by the day and even though they weren't a familiar part of your circle last month, now they seem to be at your life's heart.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Jealousy could be blurring your usually good judgement. Try not to cancel or change plans for this week. Someone has lost their way Leo.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You may have to do others' work or take on responsibilities you don't really feel are yours. This is your chance to show why you're so worthy of rewards.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Sacrifices you've made for your family may feel as if they've gone unappreciated, but in actual fact they have made the world of difference to others.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You're going to find it hard to hide your feelings and you may be accused of being rude or ignorant to new faces. Make an effort to be hospitable.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You can't control how others behave, but you can dictate how you react to their actions. Rise above the stress, you're better than that and you know it.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

It's going to be hard for you to concentrate on work today as your mind is on issues of a personal nature. Arrange to see who is on your mind right now.

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Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

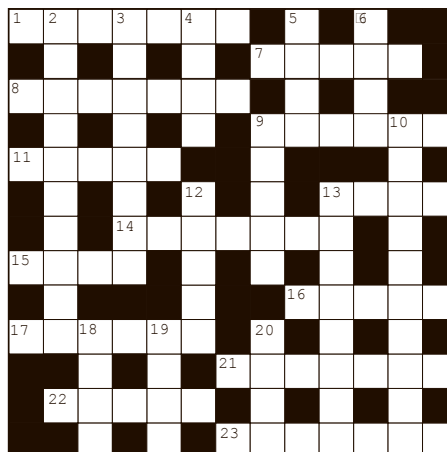
To be in with a chance of

winning, just tell us the name of this Oscar-winning actress who stars in *Interstellar*, the the latest film from Christopher Nolan.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is November 14. Include your name and address.



Crossword



ACROSS

1. Accomplishes (7)
7. Happen again (5)
8. Teaching or instruction (7)
9. Otherwise (2,4)
11. Fool (5)
13. Rage (4)
14. White ant (7)
15. Untidy state (4)
16. The most worthless parts (5)
17. Run naked (6)
21. Bring to maturity (7)
22. Stand-in doctor (5)
23. Disciple (7)

DOWN

2. Sporting competition (10)
3. Tries (8)
4. Sheltered corner (4)
5. Perceive with the ears (4)
6. Knitting stitch (4)
9. Planet's path (5)
10. Chinese food item (6,4)
12. Imbibe (5)
13. Intrepid (8)
18. Tumult (4)
19. Fever (4)
20. Shed tears (4)

ACROSS: 1. Attains; 7. Recur; 8. Tuition; 9. Or else; 11. Enemy; 13. Fury; 14. Termite; 15. Mess; 16. Dregs; 17. Streak; 21. Develop; 22. Locum; 23. Apostle.
DOWN: 2. Tournament; 3. Attempts; 4. Nook; 5. Hear; 6. Punt; 9. Orbit; 10. Spring roll; 12. Drink; 13. Feathers; 18. Riot; 19. Agree; 20. Weep.

Sudoku

EASY

	9							
3	8	7	9		1		2	
		1	2	8	5	3		7
9						7	6	5
1	7	6		9	8	2	3	4
		4	7	6	3		1	8
4	1		8	7	2		5	3
7	2			5	6	1		9
8	6		3	1	9	4	7	2

HARD

2						6		
4				2	9	8	7	
			3		4	9		
1				4			5	
			8				3	
		9				1		6
5				8	3			
	1			6				
	6			5				

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

THE FANS' ROAR

By Ian Toal



It's time the decisions started going our way

We certainly don't seem to be getting the rub of the green in terms of decisions from referees and their assistants.

They say things even itself out over the course of the season and we hope that's true as we are due some luck soon.

Last Saturday we faced a tough trip to table topping Watford and pleasingly put in one of best performances of our season.

We left empty-handed after the referee's decisions went against us and we ultimately lost 3-1.

That match saw the unusual spectacle of an opposition player, Troy Deeney in this case, letting the official know that he wasn't not fouled and therefore didn't deserve the free-kick he had just been awarded.

Holloway and his assistant were both sent to the stands

As we feared, Watford then scored from the set-piece, putting the Hornets 2-1 up and we were left facing too tough a mountain.

Although we lost 3-1, we had plenty of possession and a decent amount of efforts on goal to encourage us but we learnt a lesson – we have to be more clinical in our finishing.

The Blackburn match on Tuesday was another pulsating affair. With echoes of our recent 3-3 draw against Wolves, where we conceded to three set-pieces before staging an amazing comeback, this time we fought from 2-0 down and with 10 men after defender Andy Wilkinson was harshly sent off.

That dismissal had as much to



Frustrated: Ian Holloway

do with Blackburn winger Ben Marshall's reaction along with that of the Blackburn bench as it did with the foul itself.

Fuelled by this injustice Millwall threw everything at the opposition, got a goal back by Lee Martin before Shaun Williams netted a great effort, finding the bottom corner of the net in the 88th minute to send the home support into ecstasy.

Long before that manager Ian Holloway and his assistant Marc Bircham were both sent to the stands by the referee for persistent dissent.

It wasn't just the sending-off of Wilkinson that was annoying the Lions supporters, players and management.

It was the fouls on our players that were being missed, in particular a nasty one on Ricardo Fuller that saw him withdrawn shortly afterwards.

We entertain Brentford this Saturday in a London derby that we simply must win to keep us away from those dreaded relegation spots. Let's hope we get a bit of luck.

Millwall v Brentford, Sat, 3pm.

Roy should come and check out our red hot Irons

WEST HAM

Welshman says the side's English contingent should be pushing for places

Rob.Virtue
@wharf.co.uk

West Ham's James Collins believes England manager Roy Hodgson could be knocking on Upton Park's doors in the coming weeks.

The form of the Irons' English contingent, including Mark Noble, Stewart Downing, Carl Jenkinson and Aaron Cresswell, has impressed the Welsh centre-half.

And he said Hodgson should be taking a look.

"We've got a number of players in our squad who should be pushing for England places – Mark Noble to name one," said Collins.

"Stewie and the two full-backs are also playing great. It's all coming down to their club form and long may that form continue.

"I'm sure if Roy comes down to watch the boys when he can, he will see consistent performers who play very well for their club. I don't know what more they can do."

The 2-2 draw at Stoke on Saturday, which saw the Hammers come back from two goals down to share the



West Ham's James Collins, left, challenges Stoke's Jonathan Walters

spoils, showed the resilience in a side that has now gone four matches unbeaten.

That's put the team in fifth place in the league.

Collins said of the Stoke match: "I was disappointed to concede two goals but we managed to get back into it."

"It's nice to be back in the side and playing in a confident, winning team."

"We knew it was going to be tough without Diafra Sakho, who everybody

4
Games unbeaten puts Irons in fifth place

has been talking about for weeks now.

"But it shows the strength and depth we have now with boys coming in and playing very well."

Sakho and Winston Reid should both feature against Aston Villa on Saturday after overcoming their injuries.

Andy Carroll is also training and appeared in a behind-closed-doors match last week.

West Ham v Aston Villa, Sat, 3pm.

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ This Saturday the jumps action heads to Wincanton, where the feature race is the Stanjames.com Elite Hurdle.

Rock On Ruby kicks-off his campaign with a spin over hurdles.

Finishing a close second to The New One at Aintree back in April he will be hard to beat. However our selection **Irving**, trained by Paul Nicholls could be special.

A top-class novice hurdler he is sure to take top rank within the hurdle division.

Joe Pollak

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

FOOTBALL

■ Liverpool's slip against **Chelsea** last season was the beginning of the end of their Premier League title quest and a similar result looks likely on Sunday.

Chelsea have yet to be beaten in the league this season and with Mario Balotelli struggling and Luis Suarez departed, the Reds are struggling to find their zip this term.

It's hard to see where their goals are going to come from in the near future.

Ian Wilkerson

CHARLTON

Rob.Virtue
@wharf.co.uk

CHARLTON snatched a draw against Leeds on Tuesday night after coming back from behind twice at Elland Road.

Johann Berg Gudmundsson scored twice, including a penalty with 10 minutes left as the match finished 2-2.

Afterwards Charlton boss Bob Peeters suggested the Addicks new found strength and depth, with signings Francis Coquelin from Arsenal and Oguchi Onyewu, was telling.

"I think we started well first half," said Peeters. "We didn't create a lot of chances but we were in control of the game."

"They didn't have one single chance first half except some set-pieces.



Quality sub: Francis Coquelin

Second half I think, again, we started well.

"We still had a few substitutes, like Francis Coquelin, so we knew at a

certain stage they would get tired and we had some quality to bring on.

"We fought back and scored to make it 1-1 and again we controlled the game. Then a similar goal, top corner, and it was two shots on goal, two goals.

"The penalty incident I didn't see it – I was busy because Rhoys Wiggins was struggling with his toe so we needed to take him off. We scored to make it 2-2 and had 10 men because we had already used our three subs.

"That was the situation at the end. We needed to dig deep and you have to be happy with the point you take away."

Wiggins may miss out on Saturday's trip to Reading. However, Igor Vetokele, who has been a substitute for the last two matches, is likely to start.

Reading v Charlton, Sat, 3pm



In form: James Collins believes Mark Noble, left, deserves a call up to the national side

our level of play



Charlton's Johann Berg Guomundsson shoots and scores against Leeds

Blackheath stun a poor Macclesfield

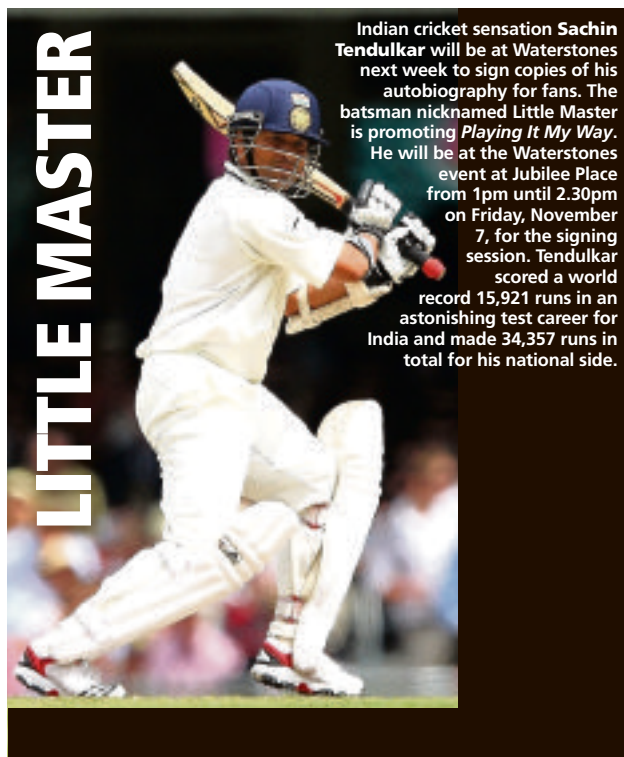
RUGBY Blackheath romped to a 34-0 win over Macclesfield at Rectory Field. It was a close encounter in the opening stages until the 37th minute when Mike Canty scored the first of his side's five tries. Canty went on to

get a second, while Alex Gallagher, George Oram and Ryan Squires also went over.

On Saturday Blackheath travel to Esher for a 3pm kick-off.

■ Millwall's first XV went down 31-28 to Pegasus last weekend in a close battle.

The second team were victorious, however, 221-8 at home to Basildon.



Indian cricket sensation **Sachin Tendulkar** will be at Waterstones next week to sign copies of his autobiography for fans. The batsman nicknamed **Little Master** is promoting *Playing It My Way*. He will be at the Waterstones event at Jubilee Place from 1pm until 2.30pm on Friday, November 7, for the signing session. Tendulkar scored a world record 15,921 runs in an astonishing test career for India and made 34,357 runs in total for his national side.

Players gear up for Tour Finals at O2

TENNIS Novak Djokovic will be defending his ATP World Tour Finals title at The O2 next week.

The Serbian is one of eight battling it out in North Greenwich for the trophy and \$1.9million prize money.

The 27-year-old, who will play his first game on Monday, said he is in positive mood.

"It helps that I'm playing well, and that I'm feeling good about myself," he said. "Every match that I play and win, gets me closer to being No. 1 at the end of the year."

Andy Murray's first game is on Sunday against Kei Nishikori. The tournament runs until November 16.

Tickets on sale for world's best squash

SQUASH Tickets are going fast for the Canary Wharf Squash Classic taking place next March.

Seats cost from £20 for adults with concessions available for the event featuring the world's best players at East Wintergarden.

Tournament director Tim Garner said: "We had a massive surge of interest as soon as the tickets went on sale. As always, quarter-final night is the usually the most popular because spectators know they are guaranteed to see four top-class matches."

Go to ticketmaster.co.uk for tickets. Corporate hospitality packages are also on offer.

Four darts titans to battle at The Valley

DARTS

Rob.Virtue
@wharf.co.uk

WORLD Champion Michael van Gerwen will be returning to south-east London for the Charlton Masters.

The Dutchman is headlining the four player tournament on Friday, February 13, next year at Charlton Athletic's ground The Valley.

He will be joined by Andy Hamilton, Bobby George and Andy Jenkins.

Van Gerwen, winner of the European Championship, World Grand Prix, World Cup, Dubai Masters

and Singapore Masters, said: "I was really pleased when I heard I would be playing in the Charlton Masters again. I really enjoyed the event last year.

"The crowd were fantastic and we had lots of fun so I'm sure it will be just as good, if not even better this time around.

"Over the last year, my game has continued to improve and I have consolidated my place as number one in the world so I am looking forward to showing the Charlton fans what I can do again."

Go to dartshop.tv for tickets for more information.

CYCLING

Project V to hit malls in bid to raise its profile

Beth.Allcock
@wharf.co.uk

Momentum is building for a corporate cycling challenge in Canary Wharf.

Project V is set to arrive in E14 on May 14, with 40 teams battling it out over four laps of a 1km circuit around Canada Square Park.

About a dozen places have already been filled – with businesses on the estate securing half of the space.

The challenge, which calls itself "the ultimate cycling experience" will be showcased to Wharfers at a pop-up stand in Canada Square Mall, on November 13.

Team experts will be on-hand to explain the Project V ethos, offer advice and encourage wharfers to sign up.

Event organiser Limelight Sports' head of business development Mike



Cycling coach **Shane Sutton** will release videos on how to apply Project V training methods

Jones said: "There are going to be a lot of Wharfers doing it and there's a lot of people saying they are good cyclists.

"It would be quite nice to see them put that theory to the test at Project V. It's going to be a good networking opportunity as well, not just in the Wharf, but from a business point of view.

"On race day there will be clients on board and all the teams will be invited to these events as well."

Mike said Project V was not only about race day, with team-building, education key in the build up. He also said participants would look at how to apply lessons learnt to the business world. A series of videos on this topic by British cycling coach Shane Sutton will go online in February. Go to projectvlondon.com.

Lions slaughter the Phoenix at home

BASKETBALL London Lions beat Cheshire Phoenix 87-71 at the Copper Box on Tuesday night.

Lovell Cook was the stand-out player with 24 points. The Lions travel to Worcester tomorrow.

the Wharf *Wedding Fayre*

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Wedding Fayre

in association with

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GEORGE H PHOTOGRAPHY: DETAILS INSIDE

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Messages from
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12 Pages

SHOW GUIDE

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Everything you need to know about The Wharf Wedding Fayre

What's The Wharf Wedding Fayre?

■ It's a joint venture between The Wharf and the Radisson Blu Edwardian New Providence Wharf aimed at giving couples everything they need for their wedding.

What can I expect to see there?

■ A wide range of suppliers will

showcase their products at the event and staff from the Radisson will be on hand to explain its own wedding packages and deals.

There will be drinks, canapés and lots of freebies up for grabs, as well as the chance to win a night's stay and dinner at the hotel, a meal for two at a top restaurant

and many more prizes over the two days. The Wharf will also be offering those attending the chance to win wedding coverage in the paper.

What are the details?

■ The fayre will take place from November 7-8, 3-7pm and 11am-5pm respectively. Parking

at the Radisson is free. Entry is free, if you pre-register, which includes entry into a prize draw to win a meal for two at a top local restaurant.

For information or to pre-register email nikki.hamersley@wharf.co.uk or call 020 7293 2247.

Messages from those exhibiting at the event

Get your guests' thoughts recorded on the day

The Guest Factor video and photo guestbook kiosk is available to hire for your wedding day.

The firm specialises in capturing unique, unguarded and spontaneous moments for the entire duration of a wedding.

The booth provides guests with the chance to record live video messages or take random photos with no-one supervising.

The structure is free-standing and non-intrusive allowing guests to take control as they create their messages whenever they choose.

There is no limit to the number of videos and pictures and delivery and set-up all takes place before guests and the bridal party arrive.

The booth includes a self-service, easy to use 22-inch touch screen and there's no delete button so every moment is saved.

Equipment is collected either after the ceremony or the following

morning with footage and images shown to couples within a few days for editing purposes.

A final DVD is then posted to the couple and photos can be downloaded from the web for printing, email and sharing.

Sony high performance cameras are used meaning videos are full HD and photos taken are 20MP.

Go to theguestfactor.com or call Lee Thomas on 07970 618 946.

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Georgie H Photography provides wedding photography services all over the UK.

We began operating in 2012 and have since had the pleasure of working at some amazing venues including Canterbury Cathedral, Trinity College Cambridge and the Queen's Private Chapel on the Great Windsor Estate.

The firm offers a wide range of packages to suit various budgets and needs. Communication is key for Georgie H which is in constant contact with all clients – even if that's at 2am when a bride has an idea for a picture she would like.

On the day the photographers and support staff are on hand to ensure its smooth running. If clients begin to feel overwhelmed or stressed it can come across in their pictures so Georgie H does all it can to make sure this doesn't happen – that includes lacing brides into their dresses, driving brides to the church and even looking after babies. At the Fayre, discounts of up to £195 on our full day package will be available.

GEORGIE H'S TOP TIPS

- Research your suppliers, make sure you are comfortable with them and that they have the relevant insurance.
- Relax, let others take on any stress, if something isn't done the night before it wasn't that important, the main thing is on the day, you get married
- Lastly, enjoy every minute. It goes far too quickly.

Go to georgiehphotography.com or call 07557 227 561 for more information.

Let us ensure your marriage starts smoothly

It's a shame some couples don't even consider a toastmaster for their wedding. This is often due to misconceptions and preconceived ideas.

We at Your Toastmasters frequently meet married couples at weddings who tell us they wished they had used us because we make everything run so smoothly.

So, as a toastmaster couple from east Kent who travel all over south east England and beyond, what do we offer that will change your mind?

We're winners of the prestigious Kent Wedding Awards and provide a bespoke personal service from the very first meeting.

On the day we visit the venue first and then arrive an hour before your ceremony to attach buttonholes



Rear, Jonathan and Nikki Curran

etc, greet and seat guests before the bride's arrival and assist your photographer as required.

At your reception we greet guests, take round table plans and guest books, orchestrate entrance of bridal party, introduce speeches, gift presentations, cake cutting and first dance.

We can teach sabrage – the art of opening Champagne with a sabre – to any member of the bridal party.

Nikki is also an Independent Travel Advisor who can organise your hen/stag, honeymoons or even a wedding abroad. Your booking is financially secured by ABTA and ATOL.

We offer so much more – you only have to ask.

Call 01843 223 462 or go to yourtoastmasters.co.uk.

Airbrush for a lasting look

I'm Katie Morgan – owner of Hair Come The Girls and for the last four years I've had the pleasure of transforming many beautiful ladies into the most stunning brides.

I offer up-to-the-minute airbrush make up that is long lasting, water resistant and by far the most hygienic way to apply products.

It was originally used for the introduction of HDTV as it can hold up under any humidity and looks amazing on camera. Perfect for events.

The foundation is sprayed onto the face, settling on top of the skin, giving the appearance of unblemished, flawless and smooth skin.

This will last for up to 24 hours



Make up to deal with all conditions

without the need for powered touch-ups.

I work closely with each bride, offering my advice on hairstyles, taking in to consideration the overall they want to achieve.

KATIE'S TOP TIPS

■ Think about the dress, as you need to compliment that with your hair and make up.

Is it off the shoulder? Does it have

HOT SPOT

Julie Scrumptious Cakes

Get something sweet and special sorted for your big day. All cakes are made to order to ensure something truly bespoke and delicious.

Go to juliescrumptiouscakes.com

detail on the neck line or down the back?

■ Do you want your hair up or down? Consider both looks when having a trial, as you may surprise yourself.

■ Would you like a tiara or a veil? You need to take any accessories along to your trials to give you an idea of how it will sit in your hair.

Call Katie on 07775 860 046 or go to haircomethegirls.co.uk.

Rings for the rest of your lives

My name is Mark and I have been a jeweller of 35 years at Unique Rings.

I make wedding rings as well as all other kinds of jewellery. For the weddings, it's great to be part of my customers' big day making something they will look at for the rest of their lives

At the Fayre I'll be offering a 10% discount with my leaflet.

I'd urge all those brides and grooms to stay calm on the day – it will all go so fast.

Go to unique-rings.co.uk or call 020 7242-4353



An example of Mark's work

EXHIBITING

Floral Impact Ltd

Based in Orpington, this company will deal with all your floristry needs including feature pieces and glassware hire.

Go to floral-impact.com.



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Celebrate in style



With glamorous, iconic interiors and stunning views over the skyscrapers of Canary Wharf, Plateau is the perfect wedding venue for the contemporary couple. Our venue can accommodate up to 160 guests for a seated dinner or up to 300 for a drinks and canapé reception.

For more information, please email our Events Manager Carlotta at carlotta@danddlondon.com Or call 020 7715 7121.

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Jonathan &
Nikki Curran



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Jim Cattermole

A toastmaster to run the day

Hello. I am the **Kent Toastmaster**, my name is Jim Cattermole and I am based in NW Kent.

I am often asked what a toastmaster does. During a meeting with the bride and groom we will discuss every aspect of the wedding to ensure the smooth running of the big day.

I arrive at the venue well in advance of the ceremony starting. I am there to welcome and assist the guests.

I can help the groom's party with cravats and buttonholes should they require. I am your eyes and ears during the rest of the day, ensuring the wedding breakfast and reception proceed on time and to the newlyweds' requirements.

I liaise with all suppliers so we work as a team. I like to stay until after the first dance to make sure you and your guests are having the best time possible.

Knowing I have added something to one of the most important days of someone's life is the best feeling ever.

It would be far too hard to choose one wedding experience as a favourite, but I can say I am continuously surprised by some of the great ideas couples are putting into their weddings – trained frogs, grooms being arrested and taken to the wedding in handcuffs, cross-dressing bridesmaids, singing waiters, purple wedding dresses and suits of armour to name a few.

I will be there to make sure it all gels together to create a personalised and unique day that will be remembered for a lifetime.

JIM'S TOP TIPS

■ Research prospective suppliers – look at websites and check reviews. Try to remember the most expensive isn't always the best.

■ Listen to the advice of family and friends. They may have an idea you like. But don't forget it's your day – have it your way.

■ Try and take a few short breaks on the day, just you and your partner to reflect.

Go to thekenttoastmaster.co.uk or call 07923 333 443.

EXHIBITING

USA Cop Cars

Give your big day a dash of the Big Apple with an appearance from an NYPD car or a big yellow taxi. Something that will really stand out.

Go to usa-cop-cars.com



Some previous designs by Floral Dreamz for weddings

Flowers and crystal to add some sparkle

My name is Helen and I own and run a small but perfectly formed business specialising in wedding flowers called **Floral Dreamz**.

With 32 years of experience designing and producing flowers, I always aim to take the vision in the bride's head of their perfect bouquet and make it a reality. This is achieved through one-to-one consultations.

At Floral Dreamz we provide a range of products from fresh flowers through to personally designed crystal vintage bespoke bouquets.

The latter are ideal for addressing the trend of marrying abroad as they can easily be taken in hand luggage and then brought back ready for a reception in the UK.

At the Fayre we'll be promoting our range, which includes a selection of vintage brooches, pearls, crystals and de-constructed jewellery to suit every theme, colour and budget.

There will be a **10%** discount on all pre-prepared bouquets purchased on the day. Each crystal vintage or brooch bouquet will also come with a free matching groom's buttonhole, worth a minimum of £15.

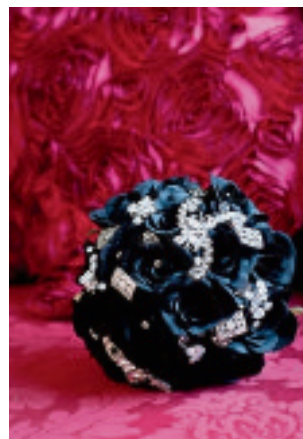
HELEN'S TOP TIPS

■ Savour every moment, it goes so fast.

■ Meet each supplier in person whenever possible and choose what you want; not what you think you should have.

■ If you have a big dress, try sitting the wrong way round on the toilet.

Go to floraldreamz.co.uk or find Floral Dreamz on Facebook



A Talking Fly videographer at work

Get it all on tape forever

Capture your special day in the magic of video. Using full HD cameras **Talking Fly** says it can keep your wedding alive for many years to come with a product that's the perfect way to remember your special day.

The firm offers several different videography packages to suit every budget, including *Shoot It Yourself* (we send you the cameras to film yourself) and *On Location* (we attend the wedding and film ourselves).

With the former you and your friends shoot the wedding from a "behind the scenes" perspective. Talking Fly then collects the equipment and edits the footage into a very personal and professional wedding video. Typically the person being filmed knows the person filming, which leads to much more natural camera engagement and normally lots of banter.

Alternatively you can leave it all down to the company, which includes up to three-camera simultaneous cover and up to two cameramen.

Go to talkingfly.co.uk.

DON'T MISS

L&Z Events

Need to hire chair covers, satin and organza sashes, sweet cart, royal mail post box, table linen, centrepieces and more? Talk to these guys.

Go to facebook.com/LzEvents.

Bespoke baking to sweeten your special day

Butterfly Icing offers a wide range of wedding cakes, from traditional tiered designs to contemporary styles.

It understands every bride is unique, so every design is individually created for each bride to ensure she has the cake of her dreams.

There is nothing quite like delivering a cake to a venue and watching the reaction in the bride and groom's eyes when they see our creation. The feeling that you have been a part of making their day so special is really such a privilege.

Butterfly provides a personal and friendly service, from one-to-one design consultations through to



Design by Butterfly Icing

wedding cake delivery and set-up. The firm also makes cakes for other occasions including birthdays, christenings and corporate events and parties.

BUTTERFLY'S TOP TIPS

■ The most important thing is to enjoy every second of the day, as the hours will fly by.

■ Weddings can be a stressful time for the happy couple. The important thing to remember is it's all about them.

For a free design and consultation go to butterflyicing.co.uk or call 07539 654 402.

Getting that celebration sound

If music be the food of love," the right sort can create the perfect atmosphere on your special day.

Whether you prefer classical or modern, **Karen Newby's** piano and vocals can provide the perfect accompaniment to your ceremony, cocktails and wedding breakfast.

Karen studied at Trinity College of Music and has performed extensively both in the UK and abroad, including an eight-year residency at the Ritz Hotel in London.

Her repertoire covers all styles including classical, jazz, show tunes, chart hits, ballads and Bollywood. She will also be delighted to perform all your musical favourites.

If there is no piano at your chosen venue Karen can provide her own

digital instrument or, if you prefer, can arrange to hire a grand piano.

TESTIMONIALS

■ "I couldn't have been more pleased with Karen. From enquiry through to my wedding day she was amazing."

"She calmed my nerves on several occasions and was happy to play music that wasn't in her repertoire."

Victoria Edwards

■ "Thank you so much Karen, for your music for our wedding ceremony and wedding breakfast, it was fantastic and made our day even more special."

Tim and Carrie Simmonds

Call Karen on 07808 071 206 or go to karennewby.co.uk.



Pianist and singer Karen Newby

Weddings with a View



With its breathtaking views of the Thames 28West combines classic charm with city elegance, making it the ultimate wedding venue for modern brides. Floor length windows and a cosy heated terrace provide a magnificent view of the city's horizon, creating a perfect location for pictures and receptions.

Our unique riverside venue is available for private hire for sit-down dinners of up to 80 and receptions of 300. 28West offers inimitable character, meaning that your guests will be wowed from the moment they step onsite.

Specialising in bespoke events our team promises to work with you to insure that your big day is flawless.



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reservations@28-west.co.uk
www.28-west.co.uk

 twentyeightwest
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 @TwentyEightW
 TwentyEightW

28West Bar & Grill

Something more traditional?



If you're looking for something a little more traditional, why not take a look at our sister venue The Greenwich Tavern?

With two private function rooms, both offering their own distinctive character and charm, the Greenwich Tavern is the perfect venue for all kinds of celebration. Our versatile spaces can host up to 45 for a sit-down dinner or 120 over both floors for a reception. With each floor boasting its own private bar and spectacular views of the Royal Park, the Tavern guarantees a truly memorable experience for your big day.

Specialising in excellent service our dedicated events co-ordinators are on hand to insure that every element of your day is perfect, offering a truly personal service and guiding you through every step along the way. We understand that planning a wedding can be stressful, and our satisfaction comes in making sure that all of your wedding day wishes come true.



Greenwich Tavern
1 King William Walk
SE10 9JH

0208 858 8971 Ext 1
info@greenwichtavern.co.uk
www.greenwichtavern.co.uk



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FOR FURTHER INFORMATION:

CALL 020 7882 8176 OR VISIT QMWEDDINGS.CO.UK

Promotional feature

Dressing to impress on your big day

For over 40 years, **Harris And Zei** has been bringing luxurious style and the experience of British tailoring with exceptional service to London. Its fantastic Savile Row tailors have previously worked for Ted Baker, Pepe Jeans, Alice Temperley and Nigel Cabourn.

Based in the East End its consultants can measure the perfect fit for your own personalised two or three-piece suit, ideal for special occasions including weddings.

Clients are then taken through to the next process of selecting in-house fabrics from a wide range of fine quality textiles.

The completed outfit is then delivered in four-to-six weeks at a competitive price.

The firm is also in the process of introducing a ready-to-wear collection that will include contemporary accessories.

Harris and Zei offer a comprehensive selection of British and Italian cloths consisting of up to a Super 140s wool and cashmere fabrics, tailor-made shirts and a range of accessories including wallets, diaries, pocket squares, ties and a variety of bags of all sizes.

The firm also sells British-made shoes. Its design consultations are available seven days a week.

Go to harrisandzei.com or call 0207 702 8487.

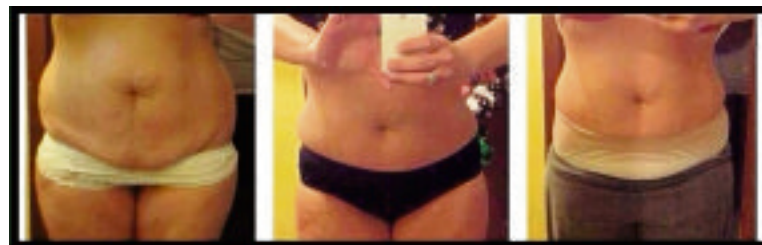


Ready to help: Harris And Zei director Nahid Harris

HOT SPOT

Funky Pixel Photography

Kent based photographer James Heffernan will be at the Fayre to showcase his talents and packages, which start at £695 for four hours. Go to funkypixel.co.uk.



Before and after pictures showing the treatment's efficacy

Tighten, tone and firm your body

My name is Lucy Horlock from **Lucy's Skinny Wraps & Beauty**. I'm an Independent Distributor for IT WORKS. I'm also a freelance hairdresser and beauty therapist.

IT WORKS offers the Ultimate Body Applicator (Skinny Wrap) and a whole Skincare range (as seen at the Oscars, Emmys and on the set of *Sex In The City 2*) including the Facial Applicator (as used by Demi Moore).

I offer the whole package from advice on how the Skinny Wraps work, how to wrap and aftercare. I can also consult on your hair and beauty to get you ready for the big day.

The Ultimate Body Applicator is a non-woven cloth wrap infused with powerful botanically based ingredients to deliver

tightening, toning and firming results to the skin. At the Fayre I'll have a special show price of £20 per Ultimate Body Applicator or facial wrap saving you **20%** and the opportunity to save up to **45%** if you book a course on the day.

LUCY'S TOP TIPS

■ Always get up at least an hour before you start preparing yourself for hair and make up to let your face wake up before putting anything on it.

■ Preparation is everything

■ It's your day so enjoy yourself

Call Lucy on 07584 868 066 or go to lucyskinnywrapsandbeauty.mytworks.com.

The full planning service and venue

I am Sarah Poole and I am a florist, wedding planner – under my brand **SP Wedding Events** – and the owner of wedding venue Westenhanger Castle.

I offer all types of wedding planning, from looking at venues for people, to being there on their big day to make sure it runs smoothly. I am also a fully qualified florist and offer all types of floristry for my clients.

At Westenhanger Castle I run the whole events, from meeting the brides and grooms, to doing all the venue décor and wedding flowers. We also offer bridal accommodation

as it is exclusive use. At the Fayre, I will be offering a **10%** discount on venue bookings.

SARAH'S TOP TIPS

■ Enjoy every minute – relax and let others take the stress away.

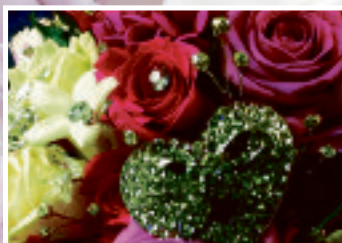
■ Make sure you enjoy the day and be yourself. If you have had enough of photos, just say so. You can always go back to them after the wedding breakfast.

Go to sarahpoole.co.uk or kentcastle.co.uk.



One of Kent's most creative florists

A family-run business offering totally bespoke arrangements and bouquets. Whatever your style, from bling to country, Floral Impact will turn your designs into reality.



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floralimpactweddings@gmail.com

starlight-backdrop-hire



ON SHOW

Mr Robertson

This online tailoring company allows customers to design their own suit from £265. At the Fayre staff will be offering a 10% discount to all who book a fitting.

Go to mr-robertson.co.uk.

Have a go in our booth yourselves

Formerly the setting for awkward passport photos and even more awkward first dates, photobooths have now made their name as the ultimate wedding reception or hen-do prop, says Danny Wright of SnapShak.

Wherever your wedding is in the South East, you can ensure your guests enjoy a hilarious and memorable night with this novelty.

SnapShak's photobooths can fit up to 20 guests in comfortably and have some of the most modern and cutting edge technology, allowing users to maximise their fun and share it instantly via various social media platforms.

The firm can also personalise your booth and prints to fit the theme or design of the

wedding. At the Fayre SnapShak will be offering **20%** off all packages booked. There will also be a booth on site for visitors to try.

SNAPSHAK'S TOP TIPS

■ Find as many ways to record your special day as possible as it will go by in a flash and, unfortunately, you can't be everywhere.

■ Fun is the new fashion. There are so many options now for your wedding reception to be eventful and enjoyable.

■ Pick up as much literature as possible – you may miss something and can go back to it later and view all the details in the comfort of your own home.

Go to snapshak.co.uk or call 07599 800 853 or search Twitter and Facebook.



SnapShak are offering 20% off bookings. Left, the kinds of images your guests will be able to create

Delighting all the couples I serve

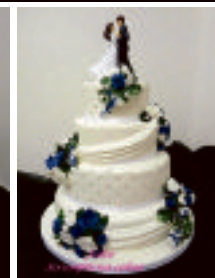
My name is Pauline and I run a business called **De-Lights** – so called because it offers things to delight my customers.

These include things like chocolate fountains, four-foot love lights as well as

other lighting equipment, sweetie ferris wheels, Ferrero stands and Champagne stands. I believe the things I offer to couples provide a lovely focal point for any wedding. They are also excellent for photographs.

Those booking two items will receive a **10%** discount at the Fayre – the bigger the booking, the greater the saving.

Call 07912 106 133 or find me on Facebook at [facebook.com/paulinemooresdelights](https://www.facebook.com/paulinemooresdelights).



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We are a family run business.

We offer high standard cakes, Taking care and putting in the love for that celebration cake, which we can design for you or you can design your own. Capturing every detail you require.

We aim to please, Also the shop has many cake craft accessory's available.

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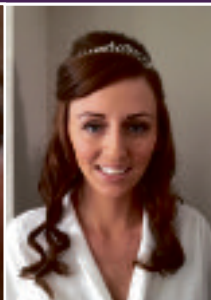
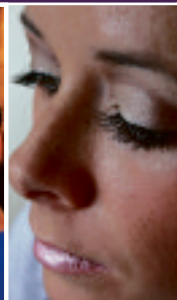
JULIE SCRUMPTIOUS CAKES

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We Provide: Bridal packages that include:

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- Airbrush make up – natural, Vintage, smokey, sultry looks
- Beauty prep – facial, tan, nails, lashes



ABOUT US:

Hair Come The Girls are here to transform you into the beautiful blushing bride you've always wanted to be.

Our aim is to achieve the ultimate look for you special day, to maximise and enhance your natural beauty and give you confidence to feel amazing from head to toe.

We endeavor to deliver you the complete over all hair, makeup and beauty package. For all wedding hair, airbrush make up and beauty advice for your special day, please feel free to contact me, Katie Morgan at Hair Come The Girls for your personal consultation.

Contact details :

Phone: 01708 361395 • Mobile: 07775 860046

Email: info@haircomethegirls.co.uk • Web: www.haircomethegirls.co.uk



Fbk: www.facebook.com/haircome.thegirls



Twt: @HaircomeTgirls



sarah poole
event management • floristry • weddings



Our passion for floristry, and attention to detail shows throughout all of our floral arrangements, creatively combining colours, shapes and textures.



Sarah Poole offers an excellent full floral design service in Kent, London and the South East, offering floral arrangements for any occasion - **Happy and Sad.**



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We understand every bride is different therefore every cake is individually created, bespoke for the bride to ensure she has the cake of her dreams

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Capture your special day in the magic of video

Using full HD cameras we can keep your wedding alive for many years to come, the perfect way to remember your special day... Now that definitely will be something to show the grandkids!

Talking Fly offers several different videography packages to suit every budget, Including Shoot it Yourself (we send you the cameras to film yourself) and On-Location (we attend the wedding and film ourselves).

Shoot it Yourself - You and your friends shoot the wedding from a "behind the scenes" stance. We collect the camera(s) and edit the footage into a very personal and professional wedding video.

The great thing about Shoot it Yourself is typically the person being filmed will know the person filming them. This results in much more natural camera engagement and normally lots of banter! Which you wouldn't get if we were to film the wedding ourselves.

On-Location - Rather leave it all down to us? No problem, On-Location videography includes up to three camera simultaneous cover, with up to two camera men/women. With all stress removed, we can create you the ultimate in wedding memories.

Tel: 01622 370 806
Int. Tel: +44 1622 370 806
www.talkingfly.co.uk






Zoe and Lorraine from L & Z Events are the ladies to speak to if you would like your venue decorated for a real "Wow Factor!!"

Chair covers in white, ivory or black, with sashes with embellishments in organza or satin. Linen from table clothes to napkins. Decor from Starlight Backdrops to Centre pieces!

With their flair and creativity, these ladies can work miracles at many venues, whether village halls or award winning wedding venues in and around the South East.



Zoe and Lorraine have a friendly, professional approach at your first meeting, through to them making your dreams come true as you step into your venue, designed and decorated perfectly for you, matter what your budget.

From the first details your guests will notice, like the bay trees giving a Grand Entrance to your church, to wishing trees with crystal garlands draped from them adding a focal point to a champagne reception. Your theme will be followed flawlessly throughout your special day.

Your colours will amaze your guests from the moment they walk into your reception, being seated on perfectly steamed and tied chair dressings, and being taken in by the atmosphere, created with the large range of centre pieces available. Simple classic goldfish bowls, towering feather designs, to ornate floral arrangements from their sister company Floral Impact.

Magical Starlight Backdrops can add extra glamour to your reception by sitting behind your top table, delicately twinkling. Your guests will be left in awe of your beautiful reception, complete with the popular Royal Mail Postboxes available to hire for them to leave their Best Wishes for you both on your Special Day! x

Contact number: 07779 596080



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Aspers is membership free and open to those aged 18 or over. Photo ID required if you look under 25 and to join our Aspire Reward Scheme.





the Wharfquiz

Thursday 27th November 2014
6:30pm arrival for 7pm start

£60.00 plus VAT

includes entry, dinner per person
and drinks package per table

De Vere Venues
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Canary Wharf E14 4HD

To book a team or for more information
please contact Karen Brodie on

Karen.brodie@wharf.co.uk
0207 510 6055